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Celebrity pg 37

Aniston digs deep for Haiti relief

Tailor-made song for a politician

RAP A New Brunswick politician has become a minor Internet sensation after trying to inject a bit of humour into the provincial legislature.

Fredericton Liberal T.J. Burke said Conservative Opposition Leader David Alward was caught with his "pants down" after recent comments.

At that point, Burke started rapping, "Pants on the ground, pants on the ground, looking like a fool with his pants on the ground" — a song made popular by an American Idol contestant.

THE CANADIAN PRESS

SEE THE VIDEO AT METRONEWS.CA/CANADA

Maple Leafs **Winning smile**

RICK EGLINTON/TORSTAR NEWS SERVICE

Tucker Patterson, 3, of Waterdown visits the Air Canada Centre yesterday to meet the Toronto Maple Leafs and go for a skate with his father, David. Tucker, who is terminally ill, was refused access to a public skate recently in Flamborough and then invited by the Leafs to attend a practice. More coverage, page 4. Link to exclusive Leafs game report, see the top of page 14.

Ex-THS chief quits

Animal cruelty charges lead Tim Trow to leave board

Embattled former Toronto Humane Society president Tim Trow resigned yesterday from the society's board of directors, his lawyer said.

Trow feels he is unable to continue as a member of the board while charges against him remain unresolved, Andras Schreck said.

"Although he intends to vigorously defend himself against the charges he's facing while they remain outstanding, his ability to discharge his responsibilities as a member of the board are seriously compromised and he believes it's in the best interests of the THS if he steps down at this time," said Schreck.

But nobody asked Trow to quit, said Schreck.

THE CANADIAN PRESS

Numerous charges

- Tim Trow and four senior society staffers are charged with animal cruelty, obstruction of a peace officer and conspiracy to commit an indictable offence.

Study maps violence hot spots downtown

REPORT Researchers have pinpointed "hot spots" in Toronto — the eastern downtown section and Entertainment District — where paramedics are more likely to be sent to transport victims of assaults.

The study, Patterns of Urban Violent Injury, found the highest concentration of ambulance calls came from addresses in the area bounded roughly by Yonge Street east to the Don River, and King Street north to Bloor.

Researchers, from University of Toronto, St. Michael's Hospital and Ryerson University, broke down data into four-hour snapshots, then extracted information related to injuries caused by a gun, knife, sharp or blunt object, or a body part.

The results: Most assault-related calls for ambulances between midnight and 4 a.m. came from the Entertainment District.

"It's clear there's a major problem there," Dr. Michael Cusimano, a neurosurgeon at St. Michael's and lead author of the study, said yesterday of the Entertainment District.

TORSTAR NEWS SERVICE

Research

- To explain the problems in Toronto's eastern downtown area, researchers noted that areas with more bars, government housing units, homeless shelters and low-income households were more likely to see "violent injury events."

News on the Move

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Vancouver Games

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- Today — Sisters stick together on ski trails, page 16

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OLG strikes 20-year casino deal

Ontario Lottery and Gaming has reached a 20-year agreement with Rama First Nation to keep operating a casino on native land north of Orillia. The deal between the Chippewas of Mnjikaning and the provincial agency will take effect Aug. 1, 2011, the same time that a new $3-billion revenue sharing deal with Ontario First Nations kicks in. The new agreement also includes additional financial benefits and one-time funding of $2.3 million for a new training and development centre in Rama, home to about 1,500 residents. THE CANADIAN PRESS

News in brief

ARREST Peel region police have arrested a 22-year-old suspect after a shooting in Brampton left a man in hospital fighting for his life. Police say the shooting took place Sunday night in a home after the victim and another man got into an argument. The victim, 21, was hit in the stomach and remains in critical condition in a Toronto hospital. Homicide detectives are overseeing the investigation. Kevin Phillips, of Brampton, is charged with aggravated assault. THE CANADIAN PRESS

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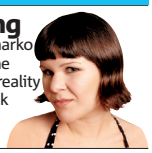
Tomorrow's Metro

Relating Sofi Papamarko explores the cold, hard reality of Facebook ego.



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Blogs It's Called Football welcomes ESPN's Ives Galarcep to chat MLS CBA and Toronto FC trade rumours, and SpinDoctor warns Tory strategists that digital democracy is here to stay.

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Ontarians show a lot of heart

Organ donation up in Ontario, but need still growing, group says

Nearly 700 lives were saved in Ontario last year, thanks to a record number people giving the gift of life.

Organ donations rose 17 per cent in 2009, two years after the provincewide Organ Donation Strategy was introduced, Health Minister Deb Matthews told a news conference yesterday.

"The Trillium Gift of Life Network is making an unbelievable difference in the lives of so many people in Ontario," Matthews said. "This year was a record year, and I encourage everyone to consider the importance of organ donation. One decision to consent to organ donation can have such an enormous impact."

"This is quite an accomplishment," Frank Markel, president and CEO of the Trillium Gift of Life Network, said in an interview. "We are making progress."

Last year, thanks to 218 deceased donors, 691 lifesaving organ transplants took place, decreasing the number of deaths among people on the waiting list by nearly 24 per cent, Markel said.

As well, an unprecedented number of tissue donations provided heart valves, bone grafts and tissue from 1,299 donors last year, up 24 per cent from 2008. And 1,616 eyes for transplants restored vision, he added.

But it's still a far cry from what's needed. Only 17 per cent of eligible donors have registered with the province, leaving a huge gap and 1,600 Ontarians on the wait list.

"There are still people dying each year," Markel said.

Officials credit recommendations implemented with the Organ Donation Strategy, including allowing donation after cardiac death, transferring responsibility for gaining consent from health-care professionals to trained Trillium co-ordinators, giving hospitals performance feedback, a daily review of all donation cases, simplified registration forms, improved access to OHIP's database and public campaigns aimed at multi-faith and youth groups.

TORSTAR NEWS SERVICE

RICHARD LAUTENS/TORSTAR NEWS SERVICE

Health Minister Deb Matthews holds up her health card yesterday asking all to ensure the donor box is checked off. Organ donations rose 17 per cent in Ontario last year.

Publisher enters mayoralty race

ELECTION Toronto's mayoralty race finally has a woman.

Sarah Thomson, publisher of the Women's Post, told reporters yesterday she's entering the race to bring a businesslike approach to city hall, the first woman of 21 candidates who have filed nomination papers to date.

Thomson says that shouldn't be a factor in the election. "I don't want to run on the basis that I'm a woman. I want to run on the fact that I have the skills needed and the vision to lead Toronto forward."

Thomson, 42, said she would open the city to a system of "managed competition, where public employees bid openly against private companies, nonprofits and other government agencies for the privilege of providing services to the people of Toronto."

Sarah Thomson

Thomson also said she would push ahead to build full-fledged subway lines, instead of streetcar lines.

She said private partners should be enlisted to help finance the new projects.

Thomson, who once ran unsuccessfully for Hamilton city council, said new thinking is needed in Toronto.

"Toronto needs someone with business experience to take over and guide the city in the right direction."

TORSTAR NEWS SERVICE

T.O. cops nab FBI suspect

CRIME Toronto police have arrested a man wanted by the FBI for a series of offences related to organized crime.

Police said yesterday that Myfit (Mike) Dika was arrested Monday afternoon and is being held in custody pending extradition proceedings.

It's alleged Dika was part of an international conspiracy engaged in the importation and trafficking of narcotics, firearms and money laundering into the United States and Canada.

Police believe Dika entered Toronto in August 2009, and that Dika and two accomplices evaded capture at the time.

One of the men has since been arrested in Albania, and police say Kujitim Lika, 45, remains at large and may still be in Canada.

The case has been featured on the television series America's Most Wanted. THE CANADIAN PRESS

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torontoletters@metronews.ca

Fake PhD?

A Whitby, Ont., man is facing charges after police allege he posed as a doctor of psychology during court proceedings. Greg Carter, 63, is charged with fraud, obstruction of justice and perjury. THE CANADIAN PRESS

Go ahead, tell 'em how you really feel

TTC Transit riders who want to register their advice with the TTC's customer service advisory panel have a new unofficial, online forum to discuss their views.

Marketing expert and artist John Loerchner and his girlfriend, Laura Mendes, have set up www.trashtalktheTTC.com to give riders an outlet for criticism and constructive advice.

Surly staff, delays and overcrowding have driven Loerchner off the TTC and onto his bike even in winter. But until recently he and his girlfriend were regular riders.

He's not looking for official feedback from the TTC, but transit officials have already scanned the site.

"Any input that we get, whether it's a complaint or just general comments, concerns, suggestions on how the TTC can improve its customer service as well as service in general, is always helpful," said TTC spokesman Brad Ross.

TORSTAR NEWS SERVICE

City to debate lower speed limits

14th pedestrian death in recent weeks prompts premier to speak out

Premier Dalton McGuinty is calling on pedestrians and motorists alike to be more careful after a 14th pedestrian was killed in the Toronto area this month.

The premier's words came as a city councillor pushed for reduced speed limits in the wake of the fatalities.

Dalton McGuinty

Speaking in Kitchener, McGuinty said experts would have to determine why this is happening, but he added that people need to be more careful.

McGuinty says both pedestrians and motorists need to be respectful of each other and mindful of what's going on around them.

Mayor David Miller said the city is stepping up efforts to make the streets as safe as possible.

Coun. Bill Saundercook wants councillors to research the most dangerous streets in their wards, with the intent of reducing speed limits on those roadways by 10 km/h.

He was to put forward the motion yesterday, and it will be debated today.

Saundercook's initiative comes after Juliette Robinson, 38, died after being struck by an SUV in midtown Toronto on Monday.

Sgt. Tim Burrows says she was hit by the SUV while she crossed slightly west of a marked crosswalk.

THE CANADIAN PRESS

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Grace hospital up for grabs as Salvation Army backs out

HEALTH The future of Toronto Grace hospital is up in the air after the Salvation Army informed the provincial government they no longer wish to own and operate the downtown site, the Toronto Star has learned. The Salvation Army operates the 119 bed facility that sits on a prime piece of real estate downtown Toronto at the corner of Church Street, and, Bloor Avenue East.

The Toronto local health unit which controls health services in the city on behalf of the province, announced it intends to put out a request for proposals for new owners and operators of the site by mid-February.

TORSTAR NEWS SERVICE

Buyout

- The hospital's board of directors wants to buy the centre from the Salvation Army in order to avoid closing or moving the facility.

RICK EGLINTON/TORSTAR NEWS SERVICE

David Patterson pushes his three-year-old son, Tucker, on the Air Canada Centre ice yesterday.

An 'amazing' skate

HOCKEY A terminally ill Hamilton-area boy who was denied a chance to take part in a public skate was a guest of the Toronto Maple Leafs yesterday.

Tucker Patterson, 3, watched a team practice and met several players at the Air Canada Centre, then the family went for a skate.

It happened two weeks after Tucker's parents were told they couldn't take their son for a public skate at a rink near their home.

Tucker, named for former Leaf Darcy Tucker, suffers from Leigh's disease, a terminal genetic disorder.

Management at Maple Leaf Sports and Entertainment heard the story and called the family.

Tucker's father, David, said he wouldn't have expected this kind of thing to happen and called it "just amazing for us."

THE CANADIAN PRESS

MDS cutting 150 local jobs as HQ moves to Ottawa

BUSINESS Nuclear medicine company MDS Inc. says it will cut 150 jobs in Toronto as it moves its headquarters to Ottawa and eats severance charges that include $7 million for its former chief executive officer.

The company said it will book about $21 million of restructuring charges in fiscal 2010, including severance pay for former CEO Stephen DeFalco, as well as the severance and benefits of other employees.

DeFalco, an American, was hired several years ago to turn around the company, which had been lagging in financial and stock market performance. He sold off many of its businesses, including the MDS lab division, acquired other companies and focused on the global market.

However, the recession squeezed the company and troubles in its drug research and nuclear medicine division also hit its bottom line.

THE CANADIAN PRESS

Red ink

- In the fiscal year ended Jan. 8, MDS lightened its losses to $15 million from $246 million in 2008 when it wrote down the cost of its MAPLE reactor program.

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See dealer or gm.ca for additional details. ▼▼▼To qualify for GM Canada's Cash For Clunkers incentive, you must qualify for the Retire Your Ride Program, supported by the Government of Canada, and you must turn in a 1995 model or older vehicle that is in running condition and has been registered and insured for the last 6 months (12 months in B.C.). Upon Government confirmation of vehicle eligibility under the "Retire Your Ride Program", GM Canada will provide an incentive towards the purchase or lease of a new 2009 or 2010 GM vehicle, excluding Medium Duty Trucks, in an amount ranging from $500 to $3,000, depending on the model purchased. Incentive applied after taxes. If you successfully complete the "Retire Your Ride" program, you will be eligible for a $300 cash incentive. By participating in this program you will not be eligible for any trade-in value for your vehicle. GM Canada's Cash For Clunkers incentive is only available to customers who take delivery between January 12, 2010 and March 1, 2010. GM Canada's Cash For Clunkers offer may not be combined with certain other incentives available on GM vehicles, including the 60 Day Satisfaction Guarantee. See your participating GM dealer for additional program conditions and details. Residents of Northwest Territories, Yukon or Nunavut are excluded from the Government's Retire Your Ride program and are therefore ineligible for GM Canada's Cash for Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca for more information.

Pickup truck hits and kills Ontario woman

A woman who had walked her two daughters to a bus stop in eastern Ontario has been struck and killed by a pickup truck. Provincial police say the woman, believed to be about 40, was struck near the community of Bayside, Ont., east of Trenton. THE CANADIAN PRESS

Canada

Oda sets sights on maternal health

Canada wants to make maternal and child health in poor countries the "signature initiative" of the G8 summit in Muskoka this June. The federal government is talking with non-governmental organizations about how best to do that. International Co-operation Minister Bev Oda, left, says Canada will also be consulting with its G8 counterparts in the coming weeks. Oda says Canada is "blessed with incredible expertise" in maternal and child health. THE CANADIAN PRESS

MP suggests pie attack is terrorism

Byrne wants investigation into PETA's actions

A Liberal MP says he believes the federal government should investigate whether the pieing of Fisheries Minister Gail Shea by a woman opposed to the seal hunt constitutes an act of terrorism.

Gerry Byrne

Shea was delivering a speech Monday at the Canada Centre for Inland Waters in Burlington, Ont., when a woman stood up and pushed a tofu cream pie squarely into the minister's face.

The animal-rights group PETA later took responsibility for the incident. It said in a release that it was part of its campaign "to stop the government's ill-advised sanction of the slaughter of seals."

MP Gerry Byrne says he thinks what happened should be reviewed under the legal definition of terrorism.

"When someone actually coaches or conducts criminal behaviour to impose a political agenda on each and every other citizen of Canada, that does seem to me to meet the test of a terrorist organization," the member from Newfoundland and Labrador said in an interview from Ottawa with radio station VOCM in St. John's, N.L. "I am calling on the Government of Canada to actually investigate whether or not this organization, PETA, is acting as a terrorist organization under the test that exists under Canadian law."

Officials at PETA dismissed Byrne's criticism.

"Mr. Byrne's reaction is a silly, chest-beating exercise," president Ingrid Newkirk said in an emailed response yesterday.

Emily McCoy, 37, of New York City was taken into custody and charged with assault after the pieing. THE CANADIAN PRESS

Ottawa Snow hits capital

SEAN KILPATRICK/THE CANADIAN PRESS

A fresh blanket of snow covers Parliament Hill in Ottawa yesterday. Warm weather has forced officials to close the Rideau Canal for skating.

News in brief

GUILTY PLEA Kickbacks, bogus invoices and a company used to filter bribes — this was how the ex-financial director of the Newfoundland and Labrador legislature fed a $500-a-day slot machine habit. Bill Murray pleaded guilty yesterday for his linchpin role in a ripoff scheme that rattled the house of assembly and redefined fiscal oversight in the province. THE CANADIAN PRESS

Hung jury ends Norbourg case

TRIAL The trial of five ex-Norbourg employees accused of bilking millions of dollars out of unwitting investors ended yesterday when jurors concluded the case was far too complex for them to reach a unanimous verdict.

The jurors' admission forced Quebec Superior Court Justice Richard Wagner to end the four-month trial.

The accused will return to court March 8, when a date for a new trial date may be set. THE CANADIAN PRESS

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SCANLIFE

Being named Olympic flag-bearer can sometimes be a difficult honour for harried athletes to accept. Scan this code for the story.

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Departs Feb 8/wsv/ws.

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Swissotel Chicago + taxes & fees $99
Departs Feb 18/ggv/ac. ADD 2-day Chicago day pass for $99.

San Francisco Air + 3 Nights $479
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Departs Feb 25/ggv/ac. ADD San Francisco city tour for $49.

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Oasis Playa Coco + taxes & fees $205
Departs Feb 4/nol/ts.

Varadero 7 Nights 4-Star $527
Arenas Doradas + taxes & fees $205
Departs Feb 1/sqv/5g.

Punta Cana 7 Nights 4-Star $588
Blau Natura Park + taxes & fees $322
Departs Feb 6/sgn/5g.

Los Cabos 7 Nights 5-Star $677
RIU Santa Fe + taxes & fees $272
Departs Feb 1/sqv/5g.

Valentine's Day Vacations

Montreal Air + 2 Nights 4-Star $319
Delta Centre Ville + taxes & fees $100
Departs Feb 12/ggv/ws. ADD 3-hour Montreal city tour for $49.

New York City Air + 2 Nights $359
Courtyard by Marriott Upper East Side + taxes & fees $119
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McGuinty defends closure of Fort Erie ER
Premier Dalton McGuinty is defending the decision to close the emergency room in Fort Erie. THE CANADIAN PRESS

Volunteers helping save lives in Haiti

Group uses vacation to aid in disaster zone

Haiti Crisis

Imagine trying to save the life of a seven-year-old boy. To do that, you need to amputate his mangled, infected leg. You explain to his parents that without this operation, the boy will almost certainly die.

Now imagine pleading in vain with his parents when they tell you, firmly, "No."

For most people, that kind of traumatic experience might be a once-in-a-lifetime nightmare. For a small group of Canadians, though, this is how they're spending their holidays.

A few dozen volunteers — mostly medical professionals — with a Canadian non-profit organization are taking time off work or using their holidays to provide help in one of the most devastated corners of Haiti.

For the sixth time since its creation in 2003, Canadian Medical Assistance Teams is sending a group of volunteers to a disaster zone.

The group doesn't receive government money and its members are paying for their own flights there. What do they get in return?

Just ask the locals.

"They came here to save lives," said Jean-Evans Cheridor, a nursing student who is helping the Canadians as a translator.

"They've already made a difference."

THE CANADIAN PRESS

By the numbers

- Canadians confirmed dead: 21
- Canadians missing: 149
- Canadians located: 1,953
- Canadians originally believed to be in Haiti: more than 6,000

Taxpayers paid $250K for Tory report cards

REPORT The cost of those taxpayer-funded Conservative government exercises in economic accountability and self-promotion has passed $250,000 — and will rise further.

The delivery of the Harper government's third, glossy report card on its economic action plan last Sept. 28 cost more than $143,000, according to documents obtained by The Canadian Press.

That's on top of $108,000 spent for a similar report in June, and doesn't include the cost of the final report last month.

THE CANADIAN PRESS

Honduran military leaders not guilty of abuse of power, judge rules

A Honduran judge yesterday found the country's top military commanders not guilty of abuse of power for ordering soldiers to expel President Manuel Zelaya from the country at gunpoint June 28. THE ASSOCIATED PRESS

World

Former Guatemalan president arrested

Police captured fugitive former Guatemalan president Alfonso Portillo, left, in the northern part of the country yesterday, a day after U.S. prosecutors indicted him on charges of laundering money stolen from foreign donations meant to buy children's books. Dozens of agents raided a ranch to execute the arrest, Attorney General Amilcar Velasquez said.

THE ASSOCIATED PRESS

Alien life forms lurking among us?

SCIENCE For decades, scientists have scanned the heavens in search of extraterrestrial life. Perhaps they should have looked closer to home. Variant life forms — most likely tiny microbes — could still be hanging around "right under our noses — or even in our noses," Paul Davies, an Arizona State University physicist, told a group of scientists yesterday.

"How do we know all life on earth descended from a single origin?" he said, speaking at London's Royal Society, which serves as Britain's academy of sciences.

The idea that alien microorganisms could be hiding on Earth has been discussed for a while, according to Jill Tarter, the director of Search for Extraterrestrial Intelligence, which listens for signals from civilizations based around distant stars.

Unusual organisms abound — including chemical-eating bacteria which dwell deep in the ocean and organisms that thrive in boiling-hot springs — but that doesn't mean they're different life forms entirely. THE ASSOCIATED PRESS

m.metronews.ca

Hillary Clinton fires back at critics with spirited defence of U.S. relief efforts in Haiti. Scan this code for the story.

ARIANA CUBILLOS/THE ASSOCIATED PRESS

People cover their faces as UN soldiers from Brazil spray pepper mist on the crowd as they wait for food in Port-au-Prince yesterday.

'This is anarchy'

Homeless fight over food and shelter

Haiti Crisis

The dusty soccer field lined with tents is an oasis for earthquake survivors among Haiti's homeless sheltering by the hundreds of thousands in squalid camps.

Competition for the canvas homes has boiled into arguments and machete fights, a sign of the desperation felt by the hundreds of thousands of people without homes struggling for shelter. Haiti's president has asked the world for 200,000 tents and says he will sleep in one himself.

Fenela Jacobs, 39, lives in a four-by-four-metre abode provided by the Britain-based Islamic Relief Worldwide.

She says the group offered her two tents for 21 survivors but she ended up putting everyone in one tent after people threatened to burn both down if she didn't give a tent up.

Still, she says living in the two-metre-tall khaki home is better than the makeshift shelters crafted from bed sheets propped on wooden sticks where her family was living before.

"It's a lot more comfortable," Jacobs said.

Tents are in desperately short supply following the 7.0-magnitude quake on Jan. 12 that killed at least 150,000 people.

Desperation is also prompting disturbances around food handouts.

Brazilian troops in armoured personnel carriers occasionally fired pepper spray and trained their guns on a jostling, unruly crowd of people lined up for food near the partially collapsed National Palace.

"They treat us like animals, they beat us, but we are hungry people," said Muller Bellegarde, 30, who had been waiting an hour and a half in the broiling sun

"The help is good but the way they're doing it is bad. This is anarchy," said Thomas Louis, 40, who was trying to get rice and oil for his children. THE ASSOCIATED PRESS

Haiti's toll

- Bodies recovered: 150,000
- Estimated dead: 200,000
- Injured: 194,000
- Homeless: 1 million
- Living in makeshift camps: 700,000-800,000

Karzai reinstates notorious warlord

AFGHANISTAN He is among Afghanistan's most notorious warlords, accused of widespread abuses including the massacre of thousands of Taliban prisoners. Now he's back, reinstated by President Hamid Karzai in a top army post despite Western demands for sweeping reform.

Karzai this month restored Gen. Abdul Rashid Dostum as chief of staff to the commander in chief of the Afghan army — a job he lost in 2008 after failing to co-operate in an investigation into the shooting of a rival. Although the job has little real power, Western officials and Afghan human rights groups see the appointment as a sign that Karzai remains unable to shake off his ties to warlords and regional power-brokers despite heavy international pressure for a new beginning as the U.S. and NATO ramp up the war against the Taliban.

British Foreign Secretary David Miliband said Monday he would press Karzai to rescind the appointment when he meets with the Afghan leader during this week's international conference in London aimed at building support for the weak Afghan government.

Dostum

Among other objections, critics fear the appointment sends the wrong signal to the Taliban at a time when the government is preparing to offer the militants economic incentives to abandon the insurgency — a program expected to figure prominently at the London conference.

Human rights groups have alleged Dostum was responsible for the deaths of up to 2,000 Taliban prisoners captured by his militia early in the Afghan war — a charge that Dostum denies. THE ASSOCIATED PRESS

News in brief

VENEZUELA Thousands of university students protested against President Hugo Chavez yesterday, accusing the socialist leader of forcing an opposition-sided TV channel off cable and satellite as a means of silencing his critics. Government officials argue that RCTV violated regulations that require two dozen local cable and satellite channels to televise mandatory programming, including Chavez's speeches, whenever the government deems it necessary. The channel, which has been fiercely critical of Chavez for years, did not transmit a speech over the weekend. RCTV was forced to move to cable in 2007 after Chavez refused to renew its license for regular airwaves, accusing the station of plotting against him and supporting a failed 2002 coup. THE ASSOCIATED PRESS

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New Zealand jails German for trying to smuggle lizards
A German reptile collector has been jailed 14 weeks in New Zealand for trying to board an overseas flight with 44 geckos and skinks in his underwear. THE ASSOCIATED PRESS

world 9

Obama's new groove

Battered U.S. leader seeks to reconnect with public

U.S. President Barack Obama had reportedly hoped his first official State of the Union address would be a jubilant affair celebrating the passage of health-care legislation that would have provided millions of Americans with health insurance.

Instead, Obama addresses Congress tonight bruised and battered, his goal of health-care reform in critical condition thanks to the election last week of a single Republican senator whose arrival on Capitol Hill threatens much of the president's agenda.

Obama was spending yesterday working on the annual address, one that's mandated by the U.S. Constitution.

Even as recently as two weeks ago, the speech was expected to be a largely positive progress report on the legislative victories of Obama's first year in the Oval Office, in addition to charting a course for 2010. The president even reportedly delayed setting a date for the state of the union, so certain was he that by the middle of this week, his cherished health-care overhaul would be the law of the land.

Instead, he's expected to try to once again rally bipartisan support for health-care reform during his speech to a joint session of Congress, where Democrats still significantly outnumber Republicans even though the election of onetime pin-up boy Scott Brown to the late Ted Kennedy's Massachusetts Senate seat means they no longer have a filibuster-proof majority.

The filibuster, a Senate rule that is a peculiarity of American politics, essentially gives the minority party the power to stop any legislation dead in its tracks.

Brown's win means much of what Obama has spent months vowing to do — from imposing regulations on the financial industry to introducing greenhouse gas legislation — is now in danger.

THE CANADIAN PRESS

CHARLES DHARAPAK/THE ASSOCIATED PRESS

U.S. President Barack Obama will use his first State of the Union address tonight to try to persuade the people of a frustrated nation that he is on their side, aides close to Obama say.

Spending freeze

- Under pressure to rein in gargantuan budget deficits, U.S. President Barack Obama is reportedly set to announce a three-year freeze on any federal spending not tied to national security. That means there will be little cash to carry out expensive White House initiatives that include education reform.

Mudslide kills two on Peruvian trail

DEATHS A mudslide on the famed Inca trail to Machu Picchu killed an Argentine tourist and a Peruvian guide yesterday, as authorities evacuated tourists by helicopter from a flood zone where nearly 2,000 more were still stranded.

Cuzco government spokesman Hernet Moscoso said the Argentine, identified as Lucia Ramallo, 23, and the guide, Washington Huaraya, were in their tents when a slope gave way and their tents were crushed. Three other tourists were injured.

Authorities closed the Inca trail, a popular tourist trek that follows a stone path built by the ancient civilization.

The deaths raised to five the number of people killed by heavy rains that have caused floods and landslides, Moscoso said.

THE ASSOCIATED PRESS

Vocal expressions the same across cultures, study finds

ELISABETH BRAW
Metro World News

ANALYSIS Humans dress differently, speak differently and argue differently. But when it comes to laughter and sadness, we share the same sounds, report British researchers in a new study.

"Scientists discovered in the 1960s that humans in different cultures have the same facial expressions for different emotions," explained Sophie Scott, a professor of cognitive neuroscience at the University College of London. "Now we've established that the voice conveys these emotions in very similar ways, too."

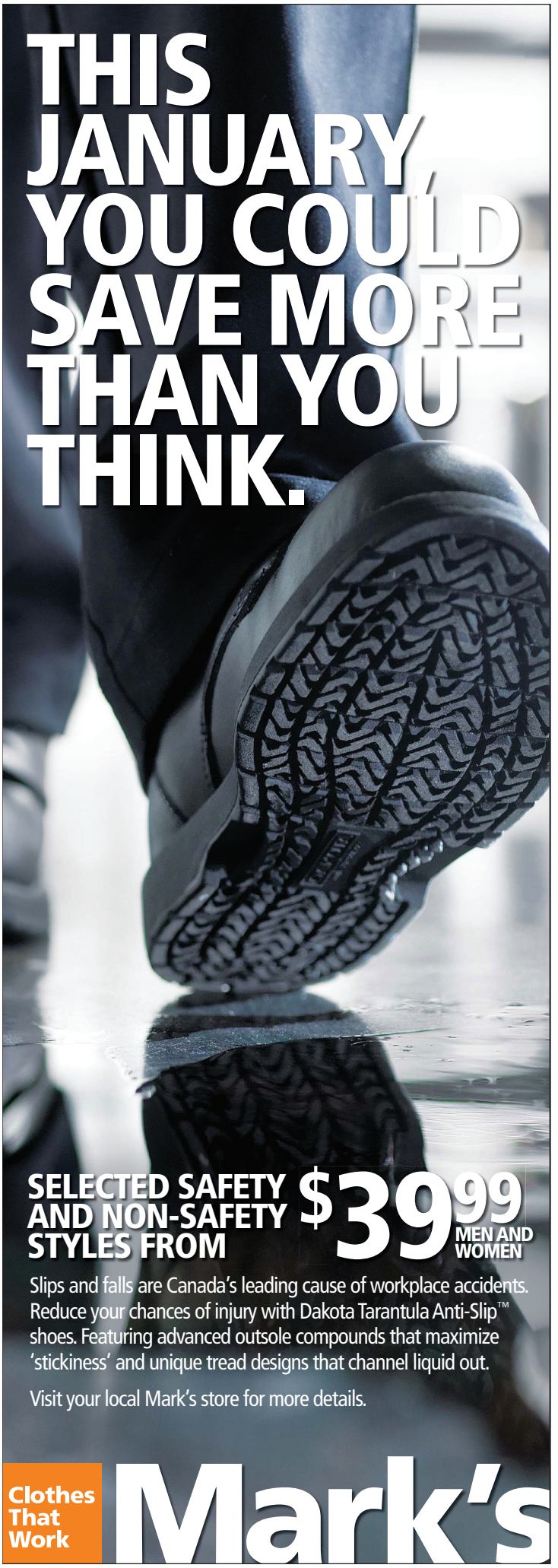
Scott led a team of researchers who analyzed verbal expressions in different cultures, including 20,000 members of the Himba tribe in Northern Namibia. The researchers report their findings in the current issue of Proceedings of the National Academy of Sciences.

"Disgust, fear, anger and laughter are the most cross-culturally recognized sounds," says Scott. "But laughter is in a league of its own. People around the world laugh the same way."

Sophie Scott

The sound for triumph, however, varies from "yay" in English-speaking countries to "aiii-aiiii" among Himalayan tribes.

Scott's new challenge: Examining the sound of laughter in countries where laughing is considered rude.



Alleged jewel thief busted trying to steal coat

An international jewel thief who claims to have pocketed a small fortune in gems while shoplifting in ritzy stores from New York to Monte Carlo has been arrested for allegedly trying to steal a coat. Doris Payne, 79, was arraigned yesterday in a California court. THE ASSOCIATED PRESS

Global economy on track for recovery: IMF

The International Monetary Fund says the Canadian and global economies will recover more quickly than it had previously predicted, although it warned this recovery could be stopped in its tracks if stimulus measures are unwound too quickly.

The global economic organization said yesterday world economic output will grow 3.9 per cent this year, up from its previous estimate of 3.1 per cent.

Canada's growth is projected at 2.6 per cent this year, slightly behind the United States but ahead of other G7 members. This compares to a previous forecast of 2.1 per cent growth in 2010. This is slightly lower than the Bank of Canada's most recent forecast, which predicts growth will average 2.9 per cent this year. The Washington-based IMF said the recovery is moving at different paces around the world, with the rebound strongest in Asia's emerging economies and weaker in developed countries, which are still dependent on government stimulus.

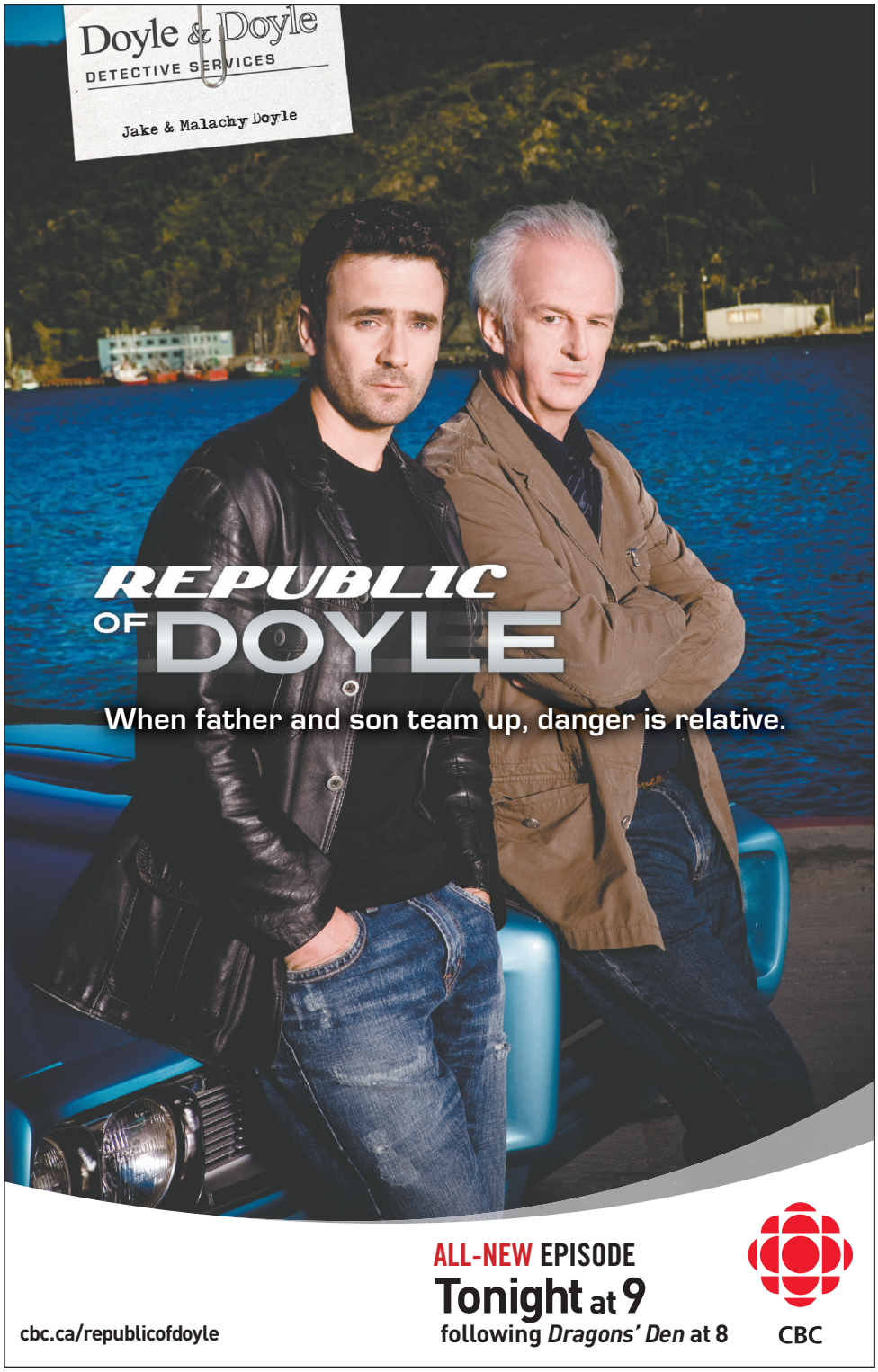
2.6% Canada's projected economic growth in 2010, according to the International Monetary Fund

"For the moment, the recovery is very much based on policy decisions and policy actions. The question is when does private demand come and take over. Right now it's OK, but a year down the line, it will be a big question," stated IMF chief economist Olivier Blanchard. IMF managing director Dominique Strauss-Kahn warned countries could fall back into recession if stimulus spending is withdrawn too soon.

China's economy is now expected to grow by 10 per cent this year over 2009, when the global slowdown reduced growth to a relatively modest 8.5 per cent.

In contrast, the U.S. economy is projected to grow 2.7 per cent in 2010, significantly higher than the IMF's previous forecast of 1.5 per cent. The U.S. economy declined an estimated 2.5 per cent in 2009.

THE CANADIAN PRESS



Socialists slam capitalism at forum

BRAZIL Leftists gathering in Brazil for a week of protests against capitalism denounced corporate greed on the second day of the World Social Forum, saying yesterday that big companies humbled by the global meltdown must be prevented from controlling natural resources and harming the environment.

Now in its 10th year, the social forum is the annual counterpoint to the World Economic Forum starting today in the Swiss ski resort of Davos, and leftist leaders are gleefully criticizing the bankers and business titans hit hard by the financial crisis.

"Capitalism's unsustainability has never been so obvious," said Brazilian philosopher and sociologist Candido Grzybowsky, one of the forum's leaders. "We need to create a system based on social and environmental justice."

Grzybowsky and others said nations that have exerted greater state control over economies as a result of the meltdown must go further, warning that large corporations will try to reassert their grip on the world and push policies that critics say emphasize reliance on free markets at the expense of social welfare.

"We need to make sure the neoliberals never take over again," said Arthur da Silva Santos, president of Brazil's largest confederation of labour unions.

SILVIA IZQUIERDO/THE ASSOCIATED PRESS

A woman shouts yesterday during a march at a youth camp during the World Social Forum in Porto Alegre, Brazil.

"There are just a few hundred companies today that hold all the cards for the global economy."

Tens of thousands were expected to mass inside a soccer stadium last night for a speech by Brazilian President Luiz Inacio Lula da Silva, who has received mixed responses in years past at the social forum.

Greeted like a rock star in Porto Alegre in 2003 just after becoming Brazil's first working-class president, Silva was booed in 2005 by some who felt he turned into too much of a pro-business centrist once in office, despite instituting popular social welfare programs that have helped lift millions out of poverty in Latin America's largest nation.

THE ASSOCIATED PRESS

News in brief

SRI LANKA Sri Lankans crowded polling stations yesterday to choose between two Sinhalese war heroes — the president and his former army chief — in an election that could be decided by minority Tamils, who suffered most from the government offensive. The race between President Mahinda Rajapaksa and former army chief Sarath Fonseka was bitter from the start, with the general accusing his former boss of entrenched corruption and the president branding Fonseka a dictator-in-waiting.

BOSTON Harvard University says an investigation into possible coffee poisoning at the medical school has failed to turn up any suspects. Police interviewed 150 people during the investigation that began when six researchers fell ill Aug. 26 after drinking from a coffee machine. The school later determined the coffee was laced with sodium azide.

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Comment

Apple continues to defy gravity

TheWestView

The question on the collective mind of the media this morning: Can Steve Jobs do it again?

For his first trick, Apple's genius revolutionized the computer by inventing the Mac.

Next, he revolutionized the mobile music universe with the iPod.

Next up, he transformed the mobile phone universe with the iPhone.

This morning, he's poised to unveil Apple's entry in the tablet derby with the iTablet or the iSlate, which will be approximately the same size as those e-reader devices already on the market, such as the Kindle or the Sony e-reader.

And so, naturally, people are asking: Can he do it again?

I hope so. And here's why.

We've been waiting a long time for the Device That Can Do Everything. If Jobs gets it right, the iThing will be that device.

For years, computers have been getting smaller and more mobile until now, where there's a sweet spot between the best smartphone and the lightest, most lavish laptop.

You can do just about anything on a laptop, but it's just a little too clumsy to fit into your modern 21st-century lifestyle. And you can do just about anything on your iPhone. But you have to squint to do it.

The tablet device has all the potential in the world to deliver all the world: Movies, music, games, TV, and the office, as well as The Office. At the same time, it can be an ideal platform for books, magazines, and this newspaper, among others.

In fact, Jobs could save the media. So far, he has defied gravity and convinced millions of people to continue to actually buy music via iTunes, and publishers hope beyond hope he can do the same thing for all content. Because if you build something that people really want, they'll pay for it.

And if Jobs has a secret, he builds things that people want. I was a BlackBerry early adopter and a diehard loyalist — until I discovered the iPhone and all the things it could do. Now? BlackBerry, SchmackBerry.

If newspapers, magazines and books are as easy to buy, navigate, and enjoy on the iThing ("enjoy" being the key word), then maybe we're on the threshold of a media miracle.

There is every indication Jobs knows what's at stake this morning. He has reportedly said this is the most important thing he has ever done. And there are thousands of authors, editors, publishers, producers and presidents who are praying he is right. Again.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

Word on the street: Are you satisfied with Canada's level of aid for Haiti in its time of need?

Josh Walsh
Toronto

A: Yes, I'm really surprised ... It increases people's incentives to donate when the Canadian government decides to match people's donations. Five dollars is $10, and so on...

Davorah Katz
Toronto

A: Yes. I think Canadians are providing money and all the help we have. Considering the number of people we have in comparison to the Americans ... I think we're No. 1 (in donations).

Jonathan Germain
Toronto

A: I'm satisfied once people are helped ... Yes, we can always do better, but at least we're helping. We're doing what we can to help.

Sophie Moggridge
Ottawa

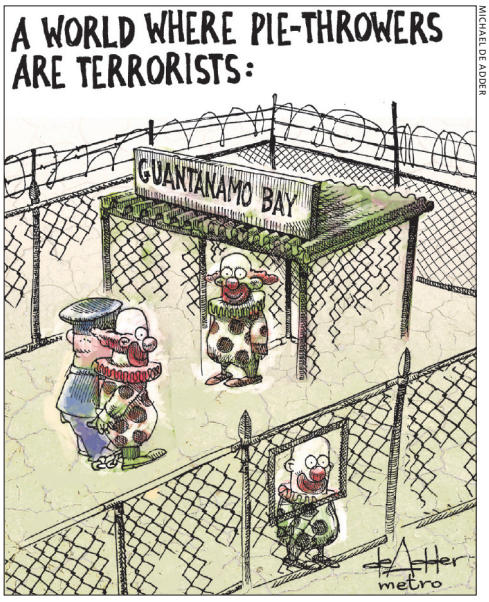
A: No, I don't think so. So much of it goes to administration costs, so everyone in Canada is donating all this money for relief, but a large percentage of it is not even making it to Haiti. That's really frustrating.

Chris Chung
Vancouver

A: Other than the money issue, I think we should send more people and volunteers.

Betty Skuffham
Halifax

A: I'm happy so far, as long as they keep giving. Because it's going to take forever to build that country so it can be self-sustaining. But I think so far we've done very well.



MICHAEL DE ADDER

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168

Yamana going ahead with Brazil gold project
Toronto-based gold miner Yamana Gold Inc. intends to move ahead with construction of its Ernesto/Pau-a-pique project in Brazil after positive results from a feasibility study and an expected upgrade in mineral resources. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Former Quebecor sold in $1B deal

PRINTING World Color Press Inc., the Montreal-based company formerly known as Quebecor World, has agreed to be taken over by one of the largest privately held printing companies in a deal estimated at more than $1 billion US.

The acquisition is being made by U.S.-based Quad/Graphics Inc. and will create a combined publicly traded company with 30,000 employees.

THE CANADIAN PRESS

Business in brief

CORRECTION The RRSP contribution limit is 18 per cent of prior year's income. You get a 20 per cent grant for the first $2,500 of your RESP contribution. Money Matters in yesterday's Your Money section had incorrect information.

AUTOS Toyota is suspending U.S. and Canadian sales of eight recalled vehicle models to fix accelerator pedals that stick. As part of the plan, Toyota is halting production at five manufacturing facilities including Corolla, Matrix and RAV4 production in Canada for the week of Feb. 1. The vehicles are the 2009-2010 RAV4, the 2009-2010 Corolla, the 2009-2010 Matrix, the 2005-2010 Avalon, the 2007-2010 Camry, the 2010 Highlander, the 2007-2010 Tundra and the 2008-2010 Sequoia. METRO NEWS SERVICES

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Despite better-than-expected U.S. numbers, jittery investors keep TSX flat. Scan this code for the story.

PAUL CHIASSON/THE CANADIAN PRESS

Metro Inc. president Eric La Flèche, right, and chairman Pierre Lessard at the company's annual meeting yesterday in Montreal.

Grocer Metro increasing dividend as profits surge

GROCER Canadian grocery giant Metro Inc. is planning to introduce its own loyalty card in Quebec as part of its strategy to mine consumer spending patterns to boost sales.

The Montreal-based grocer will stick with Air Miles in Ontario but can't use the coalition card in Quebec because of its association with IGA stores in that province.

Metro shareholders were given some pretty good news to chew on yesterday as the grocer said it was increasing its dividend for the 15th consecutive year after reporting profits soared in the first quarter.

The annual dividend will increase 24 per cent to 68 cents, representing 21 per cent of its fiscal 2009 earnings.

The company said its profits grew by 21 per cent to $98.1 million, or 91 cents a share for the period ended Dec. 19.

Quarterly sales hit $2.65 billion, a 1.7 per cent increase over last year.

Metro managed to increase overall sales despite deflation in produce sales, caused in part by the higher Canadian dollar.

Irene Nattel of RBC Capital Markets said the quarterly results exceeded expectations. The adjusted profit of 81 cents was better than the analyst consensus of 76 cents.

THE CANADIAN PRESS

Saab thrown lifeline

GM agrees to sell the brand to Spyker Cars

Saab got a new life yesterday as General Motors Co. agreed to sell the Swedish car brand to the small Dutch luxury carmaker Spyker Cars NV.

Under the deal, GM will get $74 million US in cash plus $326 million worth of preferred shares in Saab.

The Swedish government is also ready to guarantee a loan of up to $550 million, Industry Minister Maud Olofsson said. Saab has 3,500 employees in Sweden.

The deal is a coup for Spyker and a lifeline for Saab, which has lost money for years under GM's ownership and was slated for liquidation.

SAAB vehicle sales

- Saab Automobile sold around 90,000 cars in 2008, a 30 per cent decline from 2007. Saab's U.S. sales last year amounted to only 8,680, down 59 per cent from 2008.

But it's also a huge challenge for Spyker, which sold only 23 cars in the first half of 2009, its most recent reporting period, and posted a net loss of 8.7 million euros. The 11-year-old company has yet to make a profit, but says funding for its operations have been guaranteed through 2010.

Under the deal, GM will continue to provide engines and transmissions for the new company for "an extended period," and it will keep making the 9-4X crossover vehicle for Saab, said John Smith, GM's vice-president of planning and alliances.

To win the bidding process, Spyker had to overcome reservations within GM that it didn't have the expertise to run a car company. GM will at least for a short time have to continue providing vehicles for Saab.

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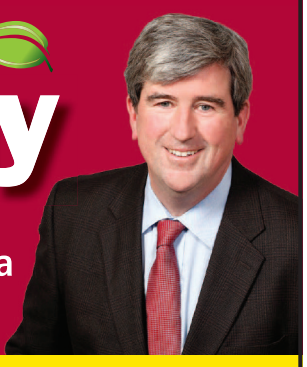

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Sports

Sheets signs with A's

The Oakland Athletics added another veteran arm to their young rotation, agreeing to terms yesterday with free-agent righty Ben Sheets, left, on a $10-million US, one-year contract. Sheets, 31, has been plagued by injuries. The four-time NL all-star didn't pitch in the majors last season while recovering from elbow surgery but last week held a pitching session for several scouts, including from the Blue Jays, in Louisiana. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Nadal, Roddick eliminated from Australian Open

TENNIS Defending champion Rafael Nadal retired from his quarter-final against Andy Murray with an injured knee, then predicted the Scottish player would end his Grand Slam title drought by winning the Australian Open.

"For Andy, I think he deserves to win his first Grand Slam. And I think he's going to do it," Nadal said less than an hour after a knee injury forced him to concede yesterday's quarter-final while he was trailing 6-3, 7-6 (2), 3-0.

"There's a very good chance for him. First thing, he's playing very well," Nadal said. "Second thing, he's already in the semifinals. He's only two matches away."

Andy Roddick also went out of the Australian Open yesterday, struggling with a shoulder injury before going down in five sets to Croatian Marin Cilic.

Nadal said he didn't want to risk further damage by playing on and potentially having to spend long periods off the tour with knee tendinitis like he did last year.

"Similar thing that I had last year," Nadal said of the pain. "It was impossible to win the match."

Murray will play a semifinal against Cilic, who beat No. 7 Roddick 7-6 (4), 6-3, 3-6, 2-6, 6-3 earlier yesterday.

THE ASSOCIATED PRESS

NATHAN DENETTE/THE CANADIAN PRESS

Toronto Maple Leafs forward Niklas Hagman battles for the puck last night with Los Angeles Kings forward Scott Parse in front of Kings goalie Jonathan Quick at the ACC. The Kings won 5-3.

Kings defeat Leafs

NHL RESULTS

Kings 5 Leafs 3

VS

Undone by a series of giveaways, lost puck battles and a generally uninspired offence, the Toronto Maple Leafs fell 5-3 to the Los Angeles Kings last night in front of an unsettled home crowd.

Los Angeles captain Dustin Brown had three assists while goaltender Jonathan Quick made 25 saves in the win.

Jonas Gustavsson made 28 saves and Niklas Hagman had a pair of goals for the Maple leafs, who lost their fourth straight and were booed by what fans remained at the end of the game.

The Leafs had been on the road for five games, returning home with four losses following an uninspiring tour through Florida, where they suffered a late-game meltdown (Tampa Bay) and a shutout (Florida). Toronto remains ranked 28th of 30 teams in the NHL, as hopes of a post-season berth slip further with each new defeat.

Los Angeles took a 1-0 lead on a power-play goal from defenceman Drew Doughty after Toronto defenceman Ian White was sent to the box for a needless tripping infraction.

Nikolai Kulemin drew the Leafs level four minutes later, only to have the Kings strike three times in the second period. THE CANADIAN PRESS

Plenty on the line as Raps meet Heat

NBA PREVIEW

Miami at Toronto

VS

It will be difficult to match the intensity, excitement and raw emotion that came pouring out of the Air Canada Centre stands in the dramatic final seconds of the Raptors' upset win over the Los Angeles Lakers Sunday.

Chris Bosh, however, expects the same thing tonight for a game against the Miami Heat.

Tonight's game holds far more significance in the Eastern Conference standings than did the once-a-season visit from the Lakers.

"It's really going to be fun," Bosh said.

"We're playing well at home, Miami's playing well. Any time Dwyane Wade is here a lot of Dwyane fans come out and there's a lot of hype behind the game.

"The significance of the game (tonight) is going to make it a very intense environment, and that's the best basketball to play."

The significance isn't lost on anyone connected with the Raptors.

With a 23-22 record, they trail the Heat by just half a game in the race for fifth place in the conference, and a win tonight would vault them past Miami.

In the broader picture, a win gives Toronto no worse than a season split of the four-game series with the Heat, and head-to-head results are the first tiebreaker should the teams finish with identical records.

"It's got a little bit more value than maybe even the Laker game," said Raptors coach Jay Triano.

TORSTAR NEWS SERVICE

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ScanLife

After the Games, U.S. Olympian Bode Miller hopes to swap his skis for a racket at the U.S. Open. Scan this code for the story.

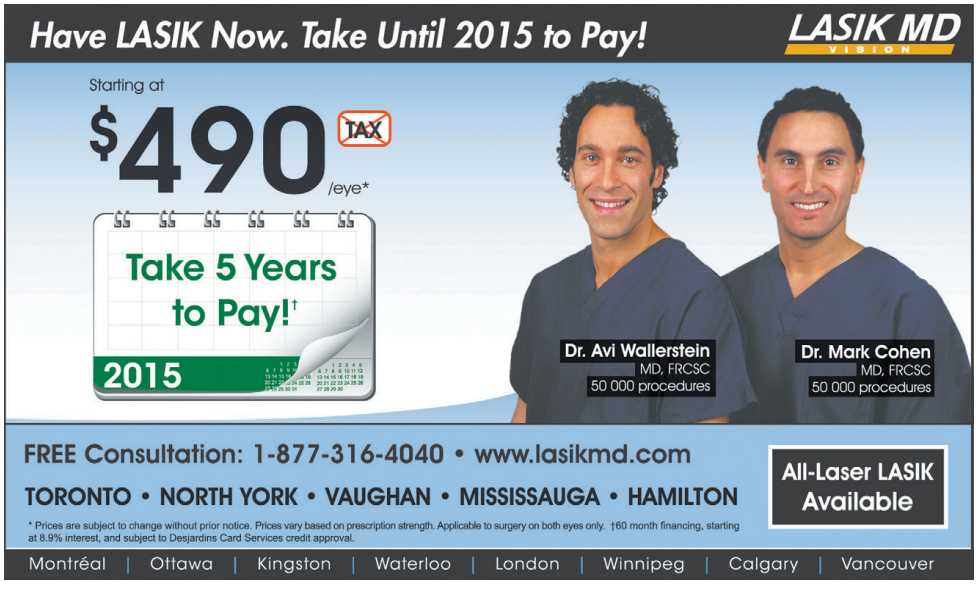
Sports in brief

HOCKEY The Rouyn-Noranda Huskies will appeal the suspension handed by the Quebec Major Junior Hockey League to Patrice Cormier for his hit to the head of Quebec Remparts defenceman Mikael Tam. Coach and general manager Andre Tourigny said yesterday on a conference call that the suspension for the rest of the season and the playoffs was "excessive."

NFL The Minnesota Vikings must wait to hear from Brett Favre about whether he'll play next season. Coach Brad Childress says he won't set a deadline for the 40-year-old quarterback to decide. Childress said yesterday at his season-ending news conference that he would prefer to know sooner rather than later, but the team will plan for both possibilities.

NHL The Vancouver Canucks plan to meet with staff of CBC's Hockey Night in Canada over its criticism of Alex Burrows, general manager Mike Gillis said yesterday. Gillis wouldn't say what approach the Canucks will take after host Ron MacLean criticized the Canuck winger after Burrows said NHL referee Stephane Auger was out to get him.

SOCCER Tottenham remained fourth with a 2-0 victory over Fulham as Liverpool's bid to rejoin the English Premier League's elite group faltered further with a 0-0 draw at Wolverhampton yesterday. Peter Crouch and David Bentley scored to deliver Tottenham's first league win in a month. While Liverpool did move up to fifth with a draw, Manchester City is a place behind and level on points with two games in hand. METRO NEWS SERVICES



SCOREBOARD

NHL

YESTERDAY'S RESULTS

Los Angeles 5 Toronto 3
Atlanta 2 Anaheim 1
Columbus 3 Nashville 2
Washington 7 N.Y. Islanders 2
Phoenix at Detroit
New Jersey at Ottawa
Montreal at Florida
Chicago at Edmonton

NBA

YESTERDAY'S RESULTS

L.A. Lakers 115 Washington 103
Minnesota at New York
Milwaukee at Dallas
Charlotte at Phoenix
Golden State at Sacramento

Vikings' Griffin to undergo surgery
Minnesota Vikings cornerback Cedric Griffin will have surgery to repair an injured left knee and may not be ready for the start of next season. METRO NEWS SERVICES

sports 15

In Toskala's case the truth hurts

Goalie's numbers paint troublesome picture

TheHockeyNews

Whatever you do today, don't feel sorry for Vesa Toskala. Ostensibly shoved into the backup goaltending role for the rest of the Maple Leafs' awful year, Toskala has nobody to fault but himself for his sub-par, three-season stint in Toronto, which undoubtedly will come to a conclusion when the current NHL campaign does.

OK, that's not entirely fair. The veteran netminder — an unrestricted free agent come summertime — could point fingers at his defence-averse Leafs teammates. He might even throw the injury bug a little stink-eye action, considering how often he's dealt with groin, knee and hip woes during his time in Toronto.

But as coach Ron Wilson alluded to this week, Toskala's statistics paint a troublesome picture of the 32-year-old Finn.

Toskala hasn't had a goals-against average less than 3.00 or a save percentage better than .900 since the 2007-08 season. In four games, his save percentage was below the .800 plateau. In two of those games, his save percentage was less than .700.

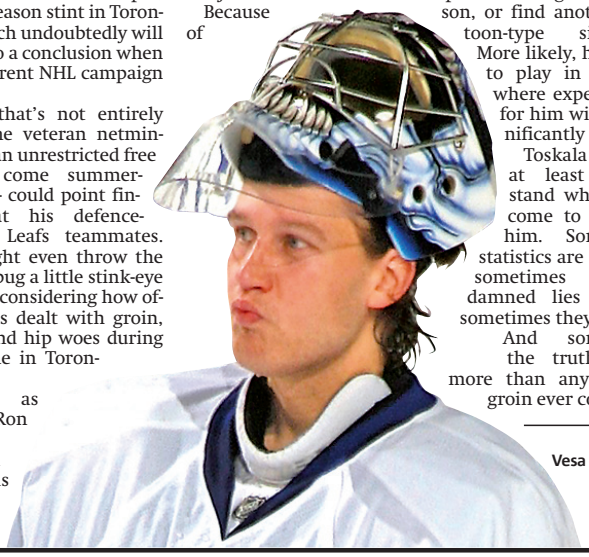
Again, that's not all his fault. But to argue he shouldn't accept the lion's share of the blame for those numbers is to ignore the personal responsibility all front-line NHL goalies willingly accept as part of the job.

Because of Toskala's play, there isn't any chance he would get the Leafs anything in a trade. The NHL's goalie market is flooded as it is; adding a worn-and-torn, smallish backstopper approaching his mid-30s to the mix won't seduce a single GM into giving up a player, prospect or draft pick in return.

The Hockey News thn.com

Toskala could remain an NHLer after the Leafs choose not to re-sign him this summer. But to do so, he'd have to accept a backup role to begin the season, or find another platoon-type situation. More likely, he'll sign to play in Europe, where expectations for him will be significantly lower.

Toskala should at least understand why it has come to this for him. Sometimes statistics are lies, and sometimes they're damned lies — but sometimes they're true. And sometimes the truth hurts more than any wonky groin ever could.



Vesa Toskala

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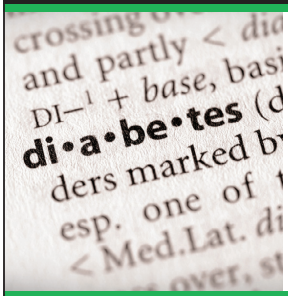

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Vonn, Miller headline U.S. ski team

Lindsey Vonn and Bode Miller lead a list of U.S. skiers earning spots for the Vancouver Games. Vonn is rolling into Vancouver having won five straight World Cup downhill events this season. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Sisterly love keeps skiers on track

Just last season, Chandra Crawford's dream of cross-country skiing before family and fans at the Vancouver Olympics was disintegrating amidst misfortune and painful injuries.

Now, the Olympic gold medallist has secured a spot on the Canadian team and is on the comeback trail alongside biathlete sister Rosanna Crawford — and together they've adopted the title of "super lucky awesome sisters."

"Super lucky" seems to be overstating the case given recent setbacks, but it correctly reflects the outlook of the boisterous, glass-half-full Crawford clan of Canmore, Alta.

By 2008, Chandra, 27, had gone from Olympic sprint gold medallist in Turin and a World Cup leader, to a couch rider with intense shooting pains firing up her legs.

THE CANADIAN PRESS

Sisters Rosanna, left, and Chandra Crawford will be competing in the Winter Games.

Adding to the family's worries, Rosanna, 21, developed a heart condition known as Atrial Tachycardia, where the heart races to dangerous levels. She says a doctor warned her she might have a heart attack were it not for her extreme fitness levels.

"We both had moments when we thought being together at the Olympics was never going to happen," Rosanna said from a recent competition site at Antholz, Italy, recalling a time when her heart raced to 250 beats as she attempted to train.

Both had to go under the surgeon's knife, with Chandra's shins being cut open in 2008 to deal with compartment syndrome, and Rosanna heading to a heart surgeon in December 2008. The surgeon corrected a problem with a nerve that was the root cause of the biathlete's condition.

The sisters are preparing together for the run-up to the Games at a final training camp on Vancouver Island's Mount Washington, and the final push is on to reach for an upset.

"Everything is going great with my erstwhile injuries," writes Chandra in an email message. "Everything is working.

"I'm looking forward to walking in the opening ceremonies. I'm looking forward to my sister and I racing in stadiums that are separated by a mere few hundreds metres of ski trail." THE CANADIAN PRESS

Oldest Olympian takes it in stride

CANADA Curler Carolyn Darbyshire isn't sure she likes the distinction she's earned from her years of experience as she heads to the Vancouver Olympics.

But the 46-year-old, who plays second on Cheryl Bernard's rink, does see the humour in the fact she will be the oldest Canadian competitor — and one of the oldest overall — at these Winter Games.

"I chuckled," she said following a practice yesterday at the Calgary Curling Club. "It's not something I think about.

"I just go on day by day and I don't think of those things."

Bernard, 43, was surprised Darbyshire was the oldest.

"Carolyn is? No way. She doesn't look it. I was going to say Russ Howard if you meant ever," she chuckled. THE CANADIAN PRESS

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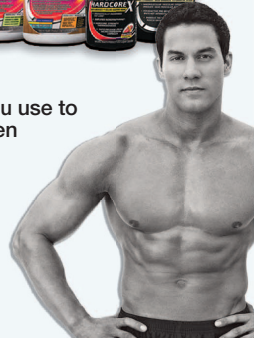

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1. Brian B	AB, CA	738	310	431	741
2. Jonathon Gremsperger	BC, CA	745	310	425	735
3. Shawn Tschritter	AB, CA	740	293	437	730
4. Kyle Turk	NS, CA	750	315	413	728
5. Cole Warren	NS, CA	729	267	458	725
6. Christian Gagnon	NB, CA	705	295	428	723
6. Jean-Paul Osborne	QC, CA	739	288	435	723
8. Joanne Doiron	NB, CA	702	286	435	721
9. Shane Gladue	AB, CA	734	261	454	715
10. Feroz Mir	ON, CA	730	281	431	712
11. Stephanie Warren	NS, CA	717	299	410	709
12. Sarah Jackson	ON, CA	706	277	431	708
13. Stephen Mcpherson	NS, CA	748	260	447	707
14. Regan Lee	BC, CA	748	263	443	706
15. Tom Collier	NS, CA	752	325	379	704

* Results exclude Quebec

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Fired FNUC CFO sues school for wrongful dismissal
Former First Nations University of Canada CFO Murray Westerlund has filed a lawsuit against the institution, claiming wrongful dismissal. Westerlund alleged he was marginalized and then fired in December for writing documents detailing violations by FNUC officials. METRO NEWS SERVICES

Workology

U of T's Rotman scores big

The University of Toronto's Rotman School of Management ranks as the foremost Canadian business school in the Financial Times of London's latest top 100 survey of global MBA faculties, placing 45th overall. The other Canadian business schools to make the list are UWO's Ivey (49), York's Schulich (54), UBC's Sauder (82), uAlberta (86), and McGill's Desautels (95). METRO NEWS SERVICE

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Cash, courses and careers

Feeling lost or poor at college or university? Consult these experts

Working at School

This is the last edition of Metro Workology's monthly series, Working at School. Don't miss next month's series on the careers in the food industry. Yum!

JON TATTRIE
for Metro Canada

Financing your post-secondary studies and parlaying them into a career can be daunting, but that's why universities employ experts to help students navigate a successful path.

Polly Liao, financial awards officer at Emily Carr University of Art and Design in Vancouver, says she often sees students concerned about footing the educational bill.

"I need to discuss their personal circumstances first, to determine what exactly they're looking for," she says. By getting a clear picture of their finances — what they have and what they need — she can show them what help is available. Internal scholarships are largely based in GPA, but external awards, scholarships, bursaries and grants help a huge and unpredictable range of people. A quick browse at the school's website, Ecuad.ca, shows money targeting people who live in social housing, students who have had tuberculosis, the children of people who work in the pipeline industry, golfers and students of Italian origin.

"We also have a First Nations area and they administer their own scholarship pool," Liao says. "We also have disability service in cases where students have medical conditions."

If students do opt to take out a loan, student services can then help them through the application process.

Once the finances are in place, the next step is picking a career path. "Career planning is very complex and challenging," says David Ness, coordinator of Career Services at the University of Manitoba. "Most people have uncertainty about that at some point. The challenge is, how do I get more certain?"

His staff offer career counselling, career information and employment advising to help students figure out what they like to do and how to do it for a living.

"There's a large number of university students who are unclear about their career paths and what they want to study," he says. "There might be conflict within a family about what path they want to pursue."

Career counselling can help resolve those issues.

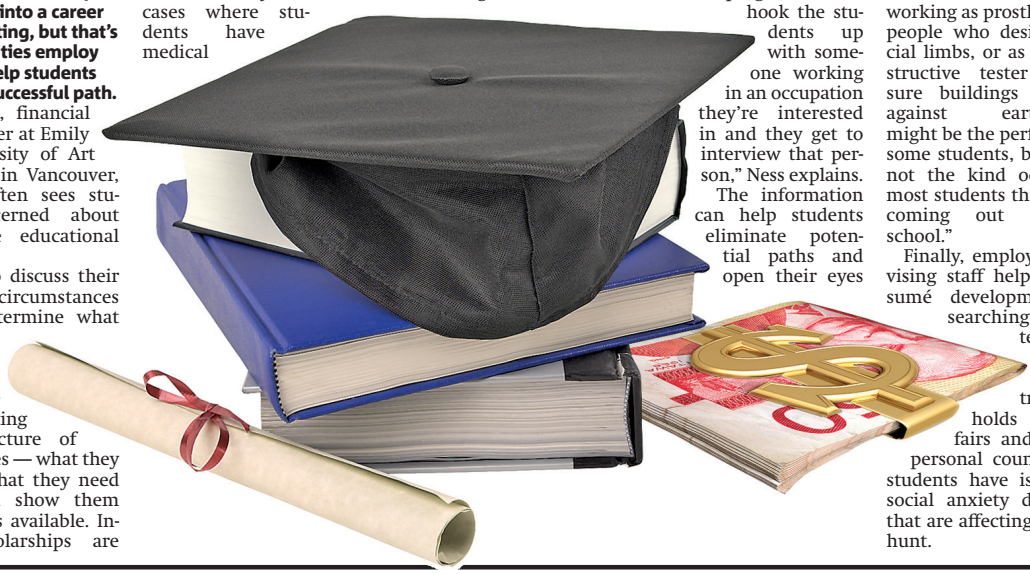
The second phase focuses on providing information about hundreds of careers, including a career mentor program. "We hook the students up with someone working in an occupation they're interested in and they get to interview that person," Ness explains.

The information can help students eliminate potential paths and open their eyes to ones they might never have even heard of, let alone considered. Ness says working as prosthetist, the people who design artificial limbs, or as a non-destructive tester making sure buildings are safe against earthquakes, might be the perfect fit for some students, but "that's not the kind occupation most students think about coming out of high school."

"Career planning is very complex and challenging. Most people have uncertainty about that at some point. The challenge is, how do I get more certain?"
uManitoba's David Ness

Finally, employment advising staff help with resumé development, job searching and interviewing skills.

The centre also holds career fairs and links to personal counselling if students have issues like social anxiety difficulties that are affecting their job hunt.



Hopes high for hiring in IT

EMPLOYMENT While most industries experienced challenges over the last year, IT organizations are optimistic about their future and plan to begin to invest in the growth of their business in 2010.

CareerBuilder's annual hiring forecast reveals that nearly one-third (32 per cent) of IT employers plan to increase the number of full-time, permanent employees; the highest among all industries surveyed.

"The hiring outlook for IT is encouraging for 2010 as companies are hopeful technology will drive innovation and cut costs," said Eric Presley, Chief Technology Officer for CareerBuilder.

IT employers are looking to the future and making up for lost ground caused by the recession. The following are some trends for 2010:

Replacing Low-Performing Employees: IT employers are taking advantage of the large number of top talent in the current labor pool to strengthen their work force.

More flexibility: Companies plan to continue providing IT employees with greater flexibility in hopes of maintaining a better work-life balance.

Recruitment tools: As demand for qualified workers will increase this year, IT employers will leverage a variety of recruitment tools in 2009 to fill open positions. METRO NEWS SERVICES

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uWinnipeg receives $4 million donation for downtown construction, scholarships
Winnipeg philanthropic couple John and Bonnie Buhler announced Friday a $4 million gift to the University of Winnipeg, the largest private donation in the institution's history. METRO NEWS SERVICES

From Saving lives to saving fruit

Dragons' Den

Have ever considered a career change? It seems like a radical move, especially if you've invested a lot of time, energy and education in a particular career path.

But lots of people do it. Martha Stewart for example, was a stockbroker before she became a caterer (and later a television star). John Grisham was a lawyer before he made it big as an author, writing legal thrillers.

Regular folks switch it up too. My brother Mike worked for a multi-national company selling office equipment — now he's an entrepreneur, running his own successful executive search firm in Calgary. A TV cameraman I know spent years in a completely unrelated field — retail — before switching to television.

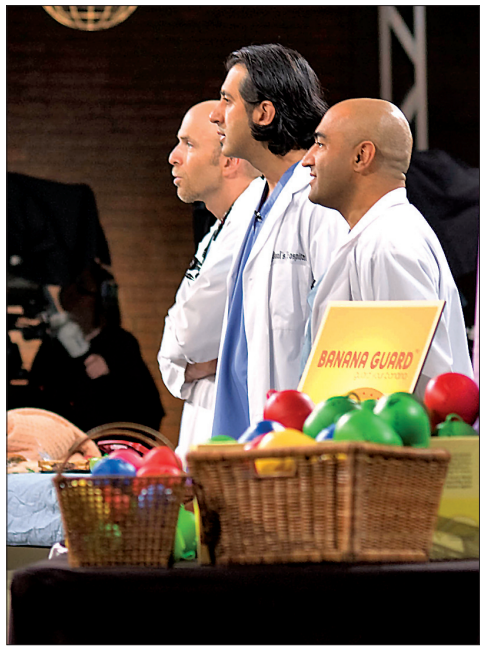
And tonight's episode of Dragons' Den features a trio of Vancouver doctors who want to become business moguls. Turns out even well-paid, respected physicians have dreams of doing something else! (These ones have invented the Froot Guard, a plastic case that protects your fruit snack from bruising).

And why not make a change? It seems to me that most people have a vast range of interests and abilities. We usually have to make our choice of career when we're quite young, taking our best guess at what will suit our talents and personalities. Sometimes we don't even choose — we just fall into various jobs and go from there. No wonder people sometimes feel like they're attracted to a completely different livelihood.

But switching careers does require careful consideration. You may need to go back to school. You may need to take a lower salary, starting again at the bottom of the ladder. That's why most people think long and hard before attempting to enter a new field. And most experts advise you do a lot of research before-hand, analyzing your interests, values and skills, so that your new career is a good fit.

Of course some career changes are bigger than others. Remember the Monty Python sketch about the accountant who wants to become a lion-tamer? Sometimes an easier shift is to take your same skills into a new industry — it can feel like a new career.

The Dragons are a little bit dubious about the doctors who pitch for investment tonight. "Do you guys really hate being doctors and you keep trying to get out of that field?" asks Robert. Watch tonight to see if the Dragons help this particular career switch happen.



CBC PHOTO

Froot Guard's David Agulnik, Amin Sajan and Sunil Mangal — three doctors from Vancouver — have new food cases to make sure your fruit arrives alive and will appear on Dragons' Den tonight.

Dianne Buckner is the host of Dragons' Den and the weekend anchor on the CBC News Network. Watch Dragons' Den at 8 p.m. tonight on CBC.

Workology in brief

NO MORE 'WOMEN'S STUDIES'
Over the years, a number of universities in Canada have rebranded their women's studies program as some combination of women's, gender, sexuality, and social justice studies, most recently at Queen's University and Simon Fraser University. Proponents of the name change argue that women's studies has evolved, and today the discipline includes discussions of masculinity, gender ambiguities, sexuality, race, class, and social justice.

N.S. PAYMENT CONTROVERSY
Appearing before the Nova Scotia legislature's public accounts committee last week, a partner at Deloitte & Touche questioned the government's decision to advance next year's funding to provincial universities. When Deloitte accountants audited the previous government's budget last summer, they recommended the current NDP government stop the prepayment of funds to universities.

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$4 million for uOttawa to expand French programs, services
The Ontario government is providing $4 million to the University of Ottawa to increase its course offerings and services in French. The money will be used to expand uOttawa's French Immersion Studies program, create more scholarships and bursaries for francophone students among other things. METRO NEWS SERVICES

Sued for wrongful resignation?

WorkplaceLaw

Employees and employers make all types of wrong assumptions about the law. Seldom do their "perceived" rights exist. Often they rely on rules that have long been rejected by the courts and legal doctrines that are now invalid. Sometimes they are just steered wrong by their lawyers.

Employees and employers are most confused about the rights and obligations of departing employees. Key employees believe they can pack up and leave without notice and employers will assign the label of a "fiduciary" to junior employees, a title usually reserved for directors. A recent Ontario case should be setting off alarms.

When a number of employees left Ottawa based GasTOPS Ltd. to start a competing business, a few of them only provided two weeks' notice of their resignations. The effect on GasTOPs' business was catastrophic. The resignations were deliberately given just before an important business opportunity and in a few weeks much of GasTOPS' goodwill disappeared. GasTOPS sued the new company claiming the employees took and then misused confidential information and trade secrets to acquire its customers. In addition, GasTOPS claimed that the employees had not given reasonable notice of their resignations.

When employment ends, there are various rights and obligations. Similar to a wrongful dismissal case, where an employer terminates an employee without sufficient notice, employees have a duty to provide appropriate notice to their employers when resigning. When key employees leave without a sufficient warning they can be sued for a wrongful resignation.

There are ways to quit that are right, and there are ways to quit that can get you sued for wrongful resignation.

Although employers rarely bother to sue ex-employees, the tables may be turned when a hasty resignation proves costly. Here, had the defectors provided sufficient notice of their resignations, they would not have been able to immediately establish their own company and compete with GasTOPS for important business opportunities during that notice period. The court found that the employees should have provided the employer with ten months' notice of their resignations, which coincided with the period of time that it should have reasonably taken to hire and train replacements.

Employees who resign to compete with former employers should beware. If you possess specialized skills or are contemplating leaving your employer in a vulnerable situation, your duty to give advanced notice of your resignation is heightened. In assessing how much notice to provide, consider your employer's ability to replace you and whether your employment contract gives any guidance.

Daniel A. Lublin is an employment lawyer with Whitten & Lublin LLP. Reach him at dan@toronto-employmentlawyer.com.

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Little change in used car demo: J.D. Power

The demographics of Canadian used-vehicle buyers changed very little in 2009, compared with 2008, according to a report by J.D. Power and Associates. In 2009, the age of the typical buyer increased to 45 years old, from the 2008 average of 44 years old. CANADIANDRIVER.COM

Metro Drive

Down to the wire

The finalists for the Canadian Car of the Year have been named, with the winner to be announced at the Canadian International Auto Show in Toronto on Feb. 11. The nominees are: BMW 335d Sedan, Volkswagen Golf GTI, left, and Volkswagen Golf Wagon TDI. METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Mazda2 on its way

JIM ROBINSON
for Metro Canada

Mazda wants, literally, to put a little Zoom Zoom in your life.

This summer, it will introduce the subcompact Mazda2 in Canada and the U.S. Originally shown at the 2007 Frankfurt Motor Show, it is also sold as the Demio in Japan.

Mazda Canada has wanted this car since it was announced and, finally, they will have a contender in the growing Canadian subcompact segment to go up against the likes of Toyota Yaris, Honda Fit and the Ford Fiesta that shares much of the Mazda2's underpinnings.

In Europe it is offered with a choice of a gasoline 1.3-litre or 1.5-litre engine and a 1.4-litre diesel. Tested here is the 1.5-litre which is an inline, four-cylinder unit with twin cams, variable valve timing and fuel injection for 102 hp and 101 lb-ft of torque driving the front wheels with a standard five-speed manual or optional four-speed automatic transmission. I drove the 1.5-litre with the automatic.

The car tested here is a Russian specification model and is roughly similar to what is coming this summer.

With the manual (I don't have numbers for the automatic as tested), European fuel economy is rated at 7.6/4.9/5.9L/100 km city/highway/combined. Top speed is listed at 188 km/h and the 0-100 km/h time is a surprising 10.4 seconds.

When I asked what engine will we see in Canada, I was given a firm "no comment."

Interestingly, 95 per cent of the Mazda2 is recyclable and it contains no lead, chromium, mercury or cadmium.

Another thing going for the Mazda2 is its styling. It is anything but with a pugnacious stance that is more pronounced by two character lines, one along the rocker panel and one at the belt line. The latter rises as it climbs towards the rear fender that houses the rear wheel at the absolute outside edge.

First impression was how vibrant it looked in a Ferrari red, a world away from my Protégé in sand beige. The second was how big the side windows appeared. I found out later that was part of the overall styling concept.

The interior is standard fare for a Japanese small car, charcoal throughout. Instrumentation is simple and the car tested here came with power windows and mirrors.

One thing of interest was how much quieter it is than my current Mazda5. Apparently, Mazda engineers used double door seals and stiffer door panels, that are less affected by aerodynamic suction at higher speeds.

2010 Mazda2

Type: Subcompact (Euro version)
Price: Not available
Engine: 1.5L
HP: 102
Torque: 101 lb-ft

Highlights

- Cool, stylish look
- Quiet ride
- Available in Canada this summer

Mazda will bring the Mazda2 subcompact, here tested in its European version, to Canada this summer.

The interior is standard fare with charcoal throughout.

TORSTAR NEWS SERVICE

BMW has been tweaking programs that control intersections to find better ways to manage flow of traffic.

BMW puts intelligent traffic to test

EXPERIMENT One day, motorists everywhere may drive vehicles that communicate intelligently with intersections and each other.

German automaker BMW is big on driving joy — but they're also keenly aware that there's no joy in gridlock. With the goal of increasing owner enjoyment and decreasing fuel consumption, a special team within the company is exploring the possibility of making vehicles, roads and intersections work more closely with one another.

The traffic lights in most major cities are old, outdated and totally closeminded when it comes to changing behaviour to optimize traffic flow.

Modern, intelligent intersections do exist today — although they're relatively rare. With little more than a few software tweaks to the program controlling five intersections on one "test" street, BMW was able to cut travel time significantly by reducing frequent and wasteful stops. The result? Considerably lower travel time and a big reduction in fuel consumption and emissions. NEWS CANADA

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Major market share for EVs by 2030: Study
Electric vehicles (EVs), including plug-in hybrids and battery-electrics, will comprise nearly 20 per cent of the global market for light vehicles in 2030, according to automotive industry analysts at IHS Global Insight. CANADIANDRIVER.COM

Korean Kia revives U.S. town

AutoPilot

Michael Goetz
metronews.ca/autopilot

The signs you see around a small town can tell you a lot about that town.

"Beef for Dinner is Always a Winner."

That's on a sign just outside Paisley, Ont.. With that in mind, it wouldn't surprise anybody that they raise a lot of beef cattle around Paisley, and that the town's big annual shindig is something called "Beef Fest."

Now consider: "Thank You Jesus For Bringing Kia To Our Town."

That's on a sign in the town in West Point, Ga. From that you could correctly surmise that Kia has got something big going on in town, that the town folk are grateful for it, and that they tend to hold Jesus in high regard.

What Kia has got going on is a big and beautiful vehicle manufacturing facility worth about $1 billion (all figures in US dollars).

I was fortunate to be among a group of Canadian journalists that Kia recently invited to West Point, to tour the plant, and sample its first fruit — the 2011 Kia Sorento.

It never fails to make me feel good, to walk around a manufacturing plant watching other people work. And this one still has that new plant smell, mmmm….

The plant has been running since late November, and is now cranking out about 500 vehicles a day on one shift, with about 1,200 employees. Kia received over 43,000 job applications for those initial plant positions. It is now hiring a second shift. If and when the plant reaches full capacity, it will employ about 2,500 and have the capacity to produce 300,000 vehicles annually. Kia suppliers on site could eventually add another 7,500 jobs.

The 2011 Kia Sorento is being manufactured at the company's new plant in West Point, Ga.

West Point's mayor, a dentist named Drew Ferguson, figures the area stands to gain about 20,000 jobs in total over the next five years.

But those jobs won't come, and didn't come, without some cost. Ferguson told us the municipality invested about $300 million — for such items as tax breaks and incentives, a $90 million water treatment plant, and a $32 million road (now called Kia Parkway).

The State of Georgia also came to the party, with a $20 million training centre built on site.

Ferguson, an eighth-generation West Point native, told us that the project created lots of mixed emotions, especially among the 32 families whose farms were needed for the 2,220-acre site

"There was lots of praying, lots of crying."

He added that even though many didn't need the money, and wanted to stay on the land their families lived on for generations, they ended up signing the papers, "for the benefit of the community and its future."

"Thank You Jesus For Bringing Kia To Our Town."
A sign outside West Point, Ga.

The area has been in steep decline, ever since the textile industries it was built around, pulled up stakes and moved offshore.

But since Kia arrived, the area is thriving.

But I wonder who, 20 years ago, would have thought that the impetus for the area's reversal of fortunes would have been the arrival of a Korean automaker?

Michael Goetz has been writing about cars and editing automotive publications for over 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

Honda CR-V's a winter buster

JUSTIN PRITCHARD
for Metro Canada

MODEL: 2002 to 2006 Honda CR-V
VEHICLE TYPE: Compact SUV
APPROXIMATE USED PRICE RANGE: $6,000 to $21,000

HISTORY/DESCRIPTION: The second-generation Honda CR-V launched for the 2002 model year to battle competitors like the Ford Escape, Toyota Rav4 and Hyundai Tucson. With four wheel drive, plenty of space and a flexible, storage-rich interior, the second-generation model carried on the success of the original CR-V, which launched in 1997.

CR-V came only with four-cylinder power, making it a popular choice with shoppers who prioritize cheap running costs and low fuel consumption.

Second Gear

Honda's proven 2.4 litre i-VTEC four-cylinder engine generated 160 horsepower. A five-speed manual transmission was standard equipment, and ideal for shoppers who prefer to row their own gears. An automatic was available.

Honda's Real-Time four wheel drive (4WD) system was the CR-V's winter-busting weapon. It automatically powers all four wheels the instant wheel-slippage is detected, while running only the front wheels otherwise.

WHAT OWNERS LIKE: Owners love the CR-V's combination of good mileage, confident year-round operation and its flexible "ready for anything" interior. Other owner-stated positives include good visibility, plenty of storage, easy-to-use controls and a commanding seating position.

WHAT OWNERS HATE: Some owners wish for more power, a bigger engine option, and a more exciting looking interior. Road noise is another common complaint with most CR-V owners in this generation, and bigger drivers will probably wish for wider seats.

A 2003 Honda CR-V.

COMMON ISSUES: CR-V wasn't intended for heavy off-road use, but that doesn't stop certain owners. When shopping used, be sure to have a look at the floor from beneath, noting any dents, heavy scrapes or rust.

Some CR-V models left the factory with a misaligned spring-seat in the front suspension, and a mechanical check of all suspension components isn't a bad idea on a used model.

Ensure the air conditioner blows ice cold, as owners have somewhat frequently reported expensive air conditioner failure. A check of the system by a trained AC technician is in order if you're unsure.

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Top Gear game coming
The BBC is planning to turn its hugely popular motoring show, Top Gear, into a video game. The Beeb is looking at the Nintendo Wii, but reports suggest that there may be Facebook and iPhone versions as well. METRO NEWS SERVICES

Mini perfect match for chef Crawford

MyDrive
Heather Buchan
metronews.ca/mydrive

Chef Lynn Crawford drives a 2009 Mini Clubman.

Lynn Crawford recently left her prestigious post as the executive chef at the Four Seasons Hotel Manhattan and returned to her hometown of Toronto to open her first restaurant. It's quite a departure for the George Brown graduate, who'd been with Four Seasons for 24 years.

"There's an evolution to one's life and career, and it was just time for the next chapter and challenge," says Crawford, Canada's first female chef to participate in the Iron Chef America competition.

Her restaurant, formerly The Citizen located at Queen and Broadview, is set to open in March, and Crawford is currently in the midst of renovating it with friend Cherie Stinson of interior design firm Yabu Pushelberg.

She's also just bought the car she's always wanted: a Mini Cooper. But it's not just any mini. It's a black 2009 Clubman with silver stripes, which Crawford currently uses it to zip back and forth from her restaurant to Home Depot on building supply runs. "I just plug in my iPod, turn up the volume and the stereo is just perfect," she says.

"One of the car's selling features was knowing that I could fit eight cases of wine in the back with the seats down," adds Crawford with a laugh. "It's the perfect car for running around for the restaurant."

Chef Lynn Crawford hosts Food Network's culinary adventure show Pitchin' In.

And for someone who used to ride motorcycles, she appreciates her mini's manual six speeds. "It's got such great pickup. It zips," she says. This is woman who, during her New York days, drove a 1972 Volkswagen that she painted candy apple red and white. She clearly has fun with her rides.

Aside from her restaurant venture, Crawford has also ventured into television as the host of the Food Network's new culinary adventure show Pitchin' In, in which she journeys across North America in search of the best and freshest ingredients.

"For a chef to get to go back to the simplicity of what food is … I am so energized now and so rejuvenated and so excited to cook again," she says. "I can't tell you the inspiration that an heirloom tomato has given me."

Heather Buchan is a Toronto-based journalist who has worked at several magazines, including Hello! Canada, where she cut her teeth in the world of celebrities.

Trip down Bolivia's Death Road

WORLD The road out of Bolivia's capital, La Paz, climbs five kilometres above sea level, before pitching downwards like a terrifying roller-coaster ride. A statue of Christ stands here, and drivers pull into the gravel lay-by to make offerings, praying that they'll make it down.

Road signs usually point drivers to places, or alert them of impending congestion. Not here on the Yungas Road. The signs here are memorials to dead motorists, and this 69 km stretch of winding single lane, above Bolivia's steepest valleys, is peppered with wooden crosses like potholes.

A view of "The Death Road" near the Bolivian capital La Paz.

Known as "The Death Road," it's estimated that up to 300 travellers lose their lives here each year.

Its reputation is helped by the awesome yet clearly lethal surroundings — narrow roads, sheer cliffs, dense jungle. If the crash doesn't kill you the anacondas will.

When it rains, visibility is compromised and the road turns to slime. The track literally can wash away from under you.

METRO WORLD NEWS

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2010 ACCORD
PRICE LOWERED BY $500
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Return to tradition in Paris

Paris' 16th arondissement, home to the Arc de Triomphe and Champs-Elysées, embraced the opening of the new Villa & Hotel Majestic on Jan. 12, 2010. This contemporary interpretation of French luxury offers a choice of 52 guestrooms and suites. METRO NEWS SERVICES

Travel

Welcome to ABBAworld

The Swedish quartet that gave the world Dancing Queen and has sold 400 million records since its 1970s heyday now has a new museum-theme park in London, England, with enough music, mementoes and memory-lane appeal to satisfy even the most fervent ABBA fan. The exhibition tells the band's story in 25 rooms spread over 2,800 square metres. Visit abbaworld.com for more details. THE ASSOCIATED PRESS

EDITOR: BEN.RYCROFT@METRONEWS.CA

Get Lost on location in Hawaii

As the final season of the TV show gets set to air next week, travel back to the place where it began

TIM JOHNSON
for Metro Canada

In the heart-pounding series premiere of ABC's blockbuster hit Lost, Dr. Jack Shephard begins the episode by darting from victim to victim on a desert island beach, running around burning wreckage and a whirring jet engine, tending to the wounded from the crash of Oceanic flight 815 as sparkling blue waves lap peacefully in the background.

TIM JOHNSON/FOR METRO CANADA

Ka'a'awa Valley played home to several scenes from Lost.

In reality, the bit of coastline that hosted the carnage of Oceanic 815 is Mokule'ia Beach, a quiet stretch of white sand and palms on Oahu's famed North Shore. A two-lane highway runs behind it, and beyond that is the Dillingham Airfield, where the curious can actually find the wreckage used to film the plane crash scenes. A short drive from there on the Kamehameha Highway will take you that lush and dramatic valley, part of the Kualoa Ranch, which offers movie and TV tours. And not far from there, behind a fence at the show's base camp, is the nosepiece and cockpit. It's all there—for those who know where to look.

Lost's season premiere airs Feb. 2

Now entering its final season, Lost—a spellbinding mix of mystery, interpersonal drama and supernatural secrets—needed a setting as compelling as its plot. And for the past five years the verdant rainforests and ragged green peaks of Oahu have provided just that. Now these elements are drawing the faithful fans.

Waikiki

Those who prefer to remain close to their cabana can find a handful of sites here, mostly hotels that play bit parts in a few episodes. But take a short walk down Kapiolani Boulevard, about ten minutes from the north edge of Waikiki's main drag, and you will find the Hawaii Convention Center, which doubles on Lost as the Sydney (Australia) International Airport. As I step inside, I recognize the long, tall escalators and shimmering glass walls immediately. The "airport" is the setting for many flashback scenes on the show, and indeed I begin to flash back. At the base of the escalators, I see Jack pleading with an airline agent to allow him to take his father's coffin with him on the flight back to LAX. I see Boone and Shannon arguing on the escalator and Sayid being escorted by airport police.

Windward Oahu

A 20 to 30 minute drive through the Ko'olau Mountains on the Likelike (pronounced leaky-leaky) Highway takes you to a striking stretch of land wedged between the jagged ridgeline and the blue, clear waters of the coast. The Byodo-In Temple is definitely worth a stop — a tranquil oasis set on a teeming Koi pond in the Valley of the Temples, this Buddhist temple served as Sun's father's home and a Korean backdrop for Sun and Jin's romance. But the star of the Windward side is the Kualoa Ranch. A local tour focuses on the Ka'a'awa Valley, which many will remember as the one where Hurley breathes new life into an old VW van (and takes a joyride around the valley). Or take the Jungle Tour, which also highlights a number of sites—including the fish pond and dock that serve as the port for the Dharma Initiative submarine, and a creek used in a number of episodes.

Lost Season 6 will get underway next week.

North Shore

About 40 minutes outside of Honolulu, the North Shore is mainly known for its incredible surf. Cross the highway to walk along the beach, then travel just a kilometer or two further down the road to Camp Erdman. Easily seen from the highway, the camp's yellow cabins are instantly recognizable as The Others' village. Walking past the gazebo in the centre of this little cluster of buildings, I almost expect Benjamin Linus or Richard Alpert to confront me. And just a short drive away lies the Waimea Valley Audubon Center, a latter-day Eden of tropical greenery and rushing waters — take the paved path to the end to find Waimea Valley Falls, which are featured Kate and Sawyer strip down and dive into the pool at its base and retrieve Kate's special silver case. You can feel free to do the same—a lifeguard is on duty.

In just a few short month the Lost show will be done, but its legacy in Hawaii will live on.

If you go...

- If you've always wanted to travel to Hawaii but couldn't afford it, now is definitely the time to go — airlines have slashed fares on flights, and hotels and restaurants are offering incredible deals. The Hilton Hawaiian Village is offering a stay three nights, get the fourth free on all suites and specialty rooms, while regular rooms are going for an astounding $150 per night. Two lovely, beachfront properties — the Outrigger Reef and the Outrigger Waikiki — are offering a free night for every two purchased, and throwing in free breakfast for two each day.

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Set sail on tradition
With St. Maarten's 30th annual Heineken Regatta setting sail March 2010, Sonesta Maho Beach Resort & Casino has launched its Regatta Retreat special, with a free extra night for stays March 3-8, 2010. A minimum four-night stay is required. Book by Feb. 28. Booking code is HR10. METRO NEWS SERVICES

7 Super Bowl suggestions

How to get the most out of Miami and what to expect from hotels, security

MIKE TOMLINSON/THE ASSOCIATED PRESS

Miami Beach is one of the most beautiful stretches of sand on the planet.

There's nothing like the Super Bowl. From the pre-game parties to after day hangovers, Super Bowl is an unparalleled experience.

Hotels will be jammed up and down the east coast of Florida and all through Miami. If you are planning to go, here are some tips to make your Miami Super Bowl experience hassle free.

1

Super Bowl XLIV (44) will be at Dolphin Stadium, just north of downtown Miami. Hotels in the area will book fast, beginning with the popular Art Deco hotels on South Beach. North Miami and Fort Lauderdale hotel rooms are a good alternate option that can offer lower prices. Many 2010 Super Bowl hotels in the Miami area will require deposits, multiple-day stays, and will not allow for cancellations.

2

The weather changes quickly on the coast. It could be warm and luxurious or cold and brutal. Be sure to pack sunscreen, and warm weather wear, as well as a jacket and gloves.

3

Security at Dolphin Stadium will be tight, so it is best to leave your backpacks and coolers at the hotel room or at the tailgate. Any beverages with a seal broken will be confiscated. You will also want to leave your valuables in the safe at the hotel room. Super Bowl Week draws pickpockets as well as sports fans.

4

Parking will be restricted at Dolphin Stadium. But transportation from hotels will be plentiful. No parking is available for recreational vehicles in NFL controlled lots surrounding Dolphin Stadium. Individuals with tickets must purchase parking permits for Dolphin Stadium. Many hotels will offer access to busses or shuttles to the game.

5

Every hotel will be only minutes away from some great Miami activities. Fishing charters or renting a sailboat are available at one of Miami's many marinas. There is the traditional airboat ride out of Cooperstown. Or you can hit up one of the numerous golf courses that dot the Miami coast.

6

Looking for a sports bar? Some of the best include: Mr. Moe's Restaurant and Bar in Coconut Grove, Shula's Steak in Miami Lakes or the Hooligan's Pub & Oyster Bar on Dixie Highway.

7

After the hangover from the game wears off, head down to one of Miami's many beaches. South Miami or Fort Lauderdale are some of the best stretches of beach in the world.

THE CANADIAN PRESS

Great deals

- Check out super-bowl-hotel-rooms.com for deals on hotels.
- For Super Bowl packages check nflonlocation.net/superbowl.php
- $1,760 Is the lowest price per ticket available on the NFL Ticket Exchange
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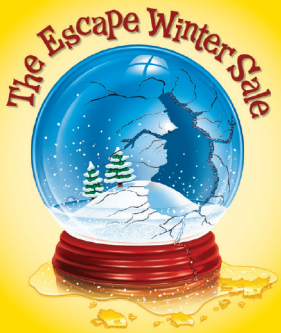

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Value added to Valentine's Day

Regent Hotels (regenthotels.com) is offering two new, value-added Valentine's Day packages in Europe, plus a deal for 25 per cent off each night in the Caribbean deals — all valid through December. METRO NEWS SERVICES

Secluded sensations

The top private beaches inheriting this half of the world

AHARON ROTHSCHILD
Metro World News

Ask 100 people what they would insist upon from a dream holiday and it's a reasonable bet at least 99 of them would say "a jaw-droppingly beautiful beach miles away from anywhere."

However, the problem with a great deal of 21st century travel is that the desire to "get away from it all" is shared by millions across the globe that all too often the hoped-for deserted beach is crammed with sun-loungers.

But, if you do your homework it is still possible to really get away from it all.

We've rounded-up out seven of the world's super-secluded beaches.

Just keep them to yourself.

AHARON ROTHSCHILD/METRO WORLD NEWS

Ransvik in Sweden didn't make our list but only because it resides in another hemisphere.

AHARON ROTHSCHILD/METRO WORLD NEWS

Holbox Island is known for its stretches of white sand.

Two more

- Ransvik in Sweden didn't make our list because it doesn't reside in this side of the world — no sun-kissed sands but fabulous cliffs for diving.
- Peter I Island in Antarctica is really quiet — less than 800 people have set foot upon it since 1821

Holbox Island, Mexico

Holbox on the northern tip of the Yucatan Peninsula takes the top slot because it is still brilliantly quiet and secluded yet accessible and affordable. Known somewhat uninspiringly by the locals as Black Hole this 12km long island is all fine white sand beaches surrounded by the jade green waters of the Gulf of Mexico and the Yum Balam nature reserve. Blissfully, Holbox boasts precisely zero cars, zero cellphone masts and zero wi-fi. Access is by five seater Cessna from Cancun or boat from Chiquila.

Parrot Cay Caribbean

Another private island but one with history — Parrot Cay was established by two female pirates Anne Bonny and Mary Reid in the 18th century. The tiny 4km dot in the Turks and Caicos Islands is fringed by some of the finest porcelain sands in the world. The quiet is unnerving for city dwellers at first and you will rarely see another soul, but the experience is almost surreally affecting. The sea too is Hollywood azure blue and almost serenely calm. Near perfect but at a price.

parrotcay.como.bz

Molokai, Hawaii

Molokai was formerly a leper colony. But don't let that put you off.

This fifth largest outpost of the Hawaiian islands looks today pretty much as it would have looked when Captain Cook sailed by in 1778. The islanders are welcoming but have voted to rein in tourism in favour of managing the island's ecology. The result of this is that all those kilometres of unspoiled beaches will be yours. Access is by a slightly bumpy 25-minute flight from Honolulu.

visitmolokai.com

AHARON ROTHSCHILD/METRO WORLD NEWS

Turtle Island in Fiji offers the kind of quiet couples crave.

Turtle Island, Fiji

This tiny privately-owned Fijian island — actually called Nanuya Levu — is the classic rich-person's paradise and was used as the backdrop to Brooke Shields teen movie Blue Lagoon. Yes it's expensive but you get your own slice of Fijian paradise, days of near perfect silence — there are almost no cars and no aircraft flight paths — and butlers on hand 24/7 of course. And only 14 couples are allowed on the island at any one time. So, no rush for the sun loungers then.

turtlefiji.com

Barbuda, Caribbean

Neighbours Antigua, St Kitts and St. Barts get all the press — which is exactly the reason to head for the perfect beach solitude of Barbuda. Set in the middle of the Leeward Islands you get a fabulous choice of miles of slightly desolate Atlantic sands on one side and mirror calm azure waters on the Caribbean side. Somewhat instructively Barbuda was the holiday choice of Princess Diana — a woman who needed to get away from it all if there ever was one. Accessible by 20 minute plane hop from Antigua.barbudaful.net

As quiet as quiet comes

Playon de Mismaloya Mexico

This Mexican gems lies 60 miles south of Puerto Vallarta and the only way to get there is by rowing boat from Hotelito Desconocido. It's so remote there's absolutely no electricity so at night the island flickers with candle light — making it both eco friendly and impossibly romantic.

visitmexico.com

Back Bay Tobago

A bit of a scramble down a somewhat half-hearted cliff-side trail brings you out at one of the Caribbean's few remaining wild beaches. Real Robinson Crusoe stuff — slightly desolate, but very beautiful. This solitude comes with a health warning though. As authorities will tell you the nearest police officer will be an hour away so don't go alone.

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Drawings by the Master
Michelangelo: Anatomy as Architecture, Drawings by the Master opens at the Muscarelle Museum of Art on Feb. 6 and runs through April 11. The Muscarelle Museum of Art is located on Jamestown Road on the campus of The College of William & Mary in Williamsburg, Virginia. METRO NEWS SERVICES

Last-chance locations

Visit these classic vacation destinations before they disappear

PAUL BALDWIN
Metro World News

Fashionable travelers call it "Doomsday Tourism" and its one of the toughest questions facing the traveling world.

If an area is under threat from climate change, should people be encouraged to visit so they can see fore themselves (and hopefully rally support) or will this only hasten its demise? Whatever the cause, the eco-systems of many tourist destinations are suffering. We've highlighted 10 Troubled Tourism hotspots – we'll leave the moral decisions to you…

METRO WORLD NEWS

The Pyramids of Giza aren't struggling because of climate change but human mismanagement.

Victoria Falls

A recent African report suggested the Zambezi River Basin which feeds the spectacular Victoria falls could start to dry up as a result of the planet getting hotter. The reduced water flow will not only make one of the most spectacular falls in the world a bit lame, but will also affect the microclimate in the forest which relies on the spray thrown-up by the Falls. zambiatourism.com

Everglades

Florida's Everglades are a stunning subtropical wilderness with complex eco-systems and wildlife. The Florida panther is among dozens of species under threat as the global rise in sea-level begins to flood the swamps and marshes with sea water for up to 10 miles in land with catastrophic consequences evergladestours.org

Maldives

More than 80 per cent of this stunning collection of 22 atolls is less than one metre above sea level. If the sea continues to rise at current rates they will be effectively uninhabitable by the middle of the century and will have disappeared completely by the end of it. The Maldives may not be the only islands on the planet under threat but they are probably the most beautiful. visitmaldives.com

Mount Kilimanjaro

Since 1936 when Ernest Hemmingway penned his famous short story The Snows of Kilimanjaro about 80 per cent of the mountains ice fields have disappeared. They were once regarded as one of the most spectacular sites in the entire continent of Africa, but scientists calculate the snows will have gone completely by the end of this decade.

africatravelresource.com

Great Barrier Reef

The Great Barrier Reef is basically the Elle McPherson of the natural world consisting of 3,000 spectacularly beautiful reefs covering 2,600km. It is under attack from all sides, with global warming, domestic and industrial pollution, over-fishing, and indeed tourism destroying eco-systems. Like McPherson though she is proving more durable than experts initially suspected. barrierreefaustralia.com

Venice

This unique lagoon city, as beautiful as it is historic, is being flooded four times as heavily today as it was at the start of the 20th century. Rising water levels cause havoc for the residents and will ultimately destroy the priceless buildings. By the end of the 21st century St. Marks Square could be under seven feet of water and the city uninhabitable.

venice-tourism.com

Pyramids of Giza

Not a climate change problem as such but one of human mismanagement. A recent report into the planet's worst-kept tourist attractions put these amazing wonders of the world second from bottom. Visitors were advised to see the pyramids before conditions became unbearable egypt.travel

In Canada

- Churchill, Manitoba is known as the polar bear capital of the world but due to global warming the Hudson Bay ice is melting almost a month earlier than it did 20 years ago. Experts believe the change is unsustainable.

METRO WORLD NEWS

The Great Barrier Reef is being attacked from all-sides with climate change, pollution and tourism affecting it.

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Not hard to find the magic in Mexico

GABRIELA GUTIÉRREZ
Metro World News

Mexico City has everything a big metropolis should have — so of course the goal is to avoid the obvious and get under the skin of this truly amazing city.

The capital is the world's third largest urban area and is 2.25 km above sea level. Its famously unbreathable air is over-stated and although street crime is a problem it's not difficult to avoid if you stay smart allowing you to immerse yourself in a diverse and vibrant culture which happily mixes ancient Myan history with world class nightclubs, incredible artistry and some of the best tequila and tamales you will ever taste.

METRO WORLD NEWS

Mexico City mixes the ancient with the new.

Mexico City is big and I'd recommend you wake up close to whatever you want to see. There are two key hotel areas; Polanco is a 15 minute taxi ride from downtown and at the heart of restaurant, commercial and night club zone. It's not cheap, a room for two will cost around $200 per night. My choices would be W, Habita, and Nikko. In downtown the prices are more flexible with all kinds of hotels and hostels.

On a short trip don't miss the Anthropology Museum, the most important of its kind in Latin America. Take your time and enjoy the ancient cultures of Mayan, Aztecs, Nahuatl and more. (mna.inah.gob.mx)

An absolutely must- see would be the Mexican Wrestling (Las luchas). There are two options: Arena Coliseo or Arena Mexico where you will find full-grown men wearing masks and trying to pin each other down for money

At night $5 gets you a beer and at a Mariachi event at Plaza Garibaldi. Great for traditional musicians and food.

Another gem is to hire a trajineras (Mexican boat decorated with flowers) at the Xochimilco floating gardens. Mexico City is full of magic — you just need to know where to look.

Three places to eat

- Restaurante Chon: Pre-Hispanic food, based on bugs, beetles, grasshoppers, and ants. Average price: $35 (restaurantechon.com)
- Cafe Tacuba: The most delicious Mexican dishes at a very reasonable price, surrounded by Mexican ornamentation and hand-painted murals. Tacuba Street. Average price: $30
- Bar La Opera: Elegantly attired waiters, classic Spanish/Mexican dishes and bullet holes left by Pancho Villa. Average price: $30

METRO WORLD NEWS

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THE BETTER WAY

Know the price of snow gear on flights

SKI Cheapflights.ca has compiled a list of close to 20 airlines and the costs of travelling with ski equipment along with 'Need to Know' information to avoid any surprises at check-in.

Two examples from the list include:

WestJet counts skis and snowboards as part of the free baggage allowance — two pieces of checked baggage, up to 23kg each.

They allow one set per passenger.

If oversized, the fee will be waived, but overweight or extra piece fees will be charged.

American Airlines charges $25 for first checked piece, $35 for second, $100 per piece for third, fourth and fifth, $200 for sixth checked bag.

Ski and snowboard boot bag and one pair of skis or snowboard are charged the checked bag charge for the first or second checked bag item — $25 or $35.

METRO NEWS SERVICES

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WinterCity descends on Toronto
Toronto's award-winning WinterCity Festival kicks off this weekend (Jan. 29), offering a city-wide celebration of culture, creativity and cuisine. Visit toronto.ca/special_events/wintercity/2010/index.htm to see what grabs you. METRO NEWS SERVICES

Take it easy in New Orleans

Learn the ropes before heading to the party in the Big Easy

PAUL BALDWIN
Metro World News

Bourbon Street is a non-stop party with a delta blues soundtrack. But there are lessons you must learn and things you must see in this culturally sensitive community.

METRO WORLD NEWS

Beads are a form of currency in New Orleans.

See: The parades

Parade "Krewes" across the city fight to out-do each other with the biggest, loudest, most flamboyant floats and bands. Grab a beer and chair by the roadside and let Louisiana come to you.

Hear: Bar Blues

The best bar music in the U.S. Every bar along Bourbon street will have authentic, and usually superb, blues or jazz musicians. However, if you hear Sweet Home Alabama run for your life.

Eat: Gumbo

The fabulous Gumbo Creole at Antoine's in Rue Saint Louis. Perfectly prepared blue crabs, oysters, and gulf shrimp, in traditional restaurant which opened in 1840.

Drink: Handgrenade

A terrifying concoction of alcohol usually made to a "secret" house recipe. Without wishing to detract from the mystique it's basically about half a litre of rum served in a container which looks like a battlefield assault weapon.

Wear: Beads

De rigeur. The place is awash with millions of strings of cheap plastic beads which are thrown from the parade floats, and hung around thousands of necks. Strangely, women will bear their breasts for them.

Do: Relax

No-one ever got frowned on in Bourbon Street for ordering that extra shot of bourbon as a John Lee Hooker lookalike bangs out a tight version of Boogie Chillen.

Don't: Disaster sightsee

Although the city is back to normal, many of the outlying wards are still rebuilding after Hurricane Katrina in 2005. Locals are not keen on being a tourist attraction.

Try the gumbo if you go to New Orleans.

Bourbon on Bourbon Street.

Say: Ma'am' and Sir

Courtesy is a big deal here. Neglecting this rule is apt to be interpreted as arrogance or insolence or just plain bad upbringing.

Don't say: 'The Big Easy'

In the same way no one in NYC calls the city "The Big Apple" no-one, but no-one, in New Orleans calls it the Big Easy.

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Booze with bite

A roundup of the world's most risky drinks

PAUL BALDWIN
Metro World News

In the interests of journalistic research, Metro has spent many years sampling the world's alcohols. We present the most dangerous drinks the world over.

Everclear, USA

Weighing in at 191 proof, it is basically impossible to distil alcohol any stronger than this. And for this reason Everclear is illegal in 15 states. The label states "contents may ignite or explode." Utterly undrinkable but handy for fueling camping stoves.
• $15, Available at liquor stores and winechateau.com

Mezcal with agave worm drink from Mexico.

Cicha, Peru

At it's best in the Amazon Basin region where the cassava root is chewed and mixed with saliva before being spat through the teeth into bowls. The resulting blue-white goo is then fermented — with the saliva enzymes helping create the alcohol.
• Available locally, free.

Poteen, Ireland

Traditionally made in buckets in the barns of rural Ireland, poteen has now been replaced by a much more sophisticated drink marketed as a "contemporary slightly sweet cocktail base." Don't be fooled by the Irish blarney though, it'll knock you off your feet.
• $45, irish-poteen.com

Mezcal with agave worm, Mexico

Folklore says the worm found in mescal possesses hallucinogenic qualities. Actually it's a gimmick and totally harmless; unlike Mezcal, which has a kick like a mule. Some of the best in Mexico is sold by the roadside in used mineral water bottles... As is some of the worst.
• $45, globally

Snake wine, Vietnam

Basically a venomous cobra (or sometimes a few scorpions) stuffed in a bottle of sake. Add herbs, mix and stand back in horror. In reality it just tastes of sake, but with the added edge of knowing there's snake poison in there.
• $88, asiansnakewine.com

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travel31

A shopping excursion to Bangkok stimulates all

AHARON ROTHSCHILD
Metro World News

Think of a trip to Bangkok's Chatuchak Market as a day-long expedition.

Your provisions are cash and you're on the hunt for wild and exotic buyables. It's a long and hot journey demanding patience and fortitude but it's worth every sweaty second.

The market offers everything from pets to plants to vast arrays of ceramics and strange shops selling military gear. Spread over 28 acres, the market boasts 200,000 shoppers every weekend.

It's a bewildering sprawl of lookalike stalls along narrow corridors thronging with people.

It's best to go at it in stages. First shop, then eat and rest, then shop again, eat and rest, etc. This cycle is especially pleasant as the eats are as varied and multicolored as the merchandise. You can sip icy sweet watermelon shakes along with a bowl of spicy hot Tom Yum soup.

Bangkok's Chatuchak Market attracts about 200,000 shoppers every weekend with its array of exotic finds, including plants and pets.

Young Thai designers rent stalls at the market. Catch them before they make it. The stalls offer a mix of both very good and very bad authentic Thai design. American Apparel-style sleek tube dresses run at around 300 Bhat ($10.50) while retro Converse-style tops can be had for 250 Bhat ($7.50).

The market's open 6 a.m. to 6 p.m. Saturday and Sunday. Take a Skytrain to to Mochit Station or the MRT to Kamphaengpetch Station.

Whatchmacallit?

- Tipayaphongpoosanaphong. The brand caters to savvy Thai and foreign shoppers attracted to detail. Dresses from $97 and can be custom fitted. (Siam Centre, 319 third floor, 02-265-81147).

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Geldof's Avatar payoff

Avatar has swelled Bob Geldof's bank account — he's reportedly set to make $80,000 US from the hit movie. The former rocker is one of several stars who ploughed cash into a scheme offering tax-relief to film investors. FEMALEFIRST.CO.UK

Entertainment

Dance card

Paula Abdul has a million reasons to appear on Dancing with the Stars. ABC has offered Abdul a $1 million US development deal, with one catch — she has to appear on DWTS. TMZ.COM

EDITOR: DEAN.LISK@METRONEWS.CA

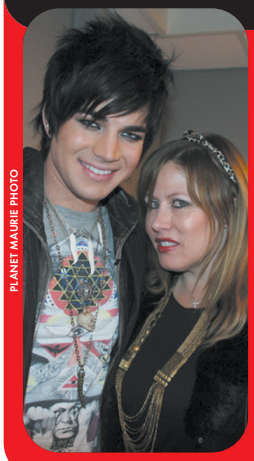
Entertainment in brief

PEOPLE Justin Timberlake will soon have a new piece of hardware for his trophy case — a pudding pot. The Grammy and Emmy award winner was named Harvard's Hasty Pudding Man of the Year. Timberlake will receive the award at a roast set for Feb. 5.Hasty Pudding Theatricals said that the singer-songwriter, was selected because he's "one of pop culture's most influential entertainers."

MOVIES American filmmaker Tim Burton will head the jury at the 2010 Cannes Film Festival. The Edward Scissorhands and Charlie and the Chocolate Factory director says heading up the nine-member jury in May is a "great honour." Organizers of the French Riviera festival made the announcement Tuesday. The 63rd Cannes festival will be held May 12 to 23.

THE ASSOCIATED PRESS

LAMBERT AT VIRGIN



PLANET MAURIE PHOTO

Adam Lambert hung out with Billie of The Breakfast Show With Mad Dog & Billie on 999 Virgin Radio to chat about his new CD For Your Entertainment, guyliner and dating. To watch the full interview head over to virginradio.ca

Virgin RADIO 99.9 FM

Sparks shines bright

Bestselling author has Hollywood knocking on his door

NED EHRBAR
Metro World News

With 15 bestselling novels and six film adaptations under his belt, Nicholas Sparks is one of the most successful writers working today — and he does in fact sit down to work every single day. The man behind, the Notebook, A Walk to Remember and the upcoming Dear John sat down with Metro to chat about film adaptations, the state of the publishing industry and making people cry.

Nicholas Sparks is the author behind Dear John, which opens in theatres next Friday.

Q When you write a book now, is a film adaption in your mind?

A No, I'm a novelist. Movies come, movies go, and the day I figure out Hollywood, I think I'll be the first in town. It's a complicated thing, and that's a world that I can't control. The only world that I can control is the world of writing a novel, because if I write it, it will get published.

Q But there isn't a part of you thinking, How will this be adapted?

A No, it isn't. The only way I think about film in the process of writing is to be aware of films with the knowledge that I'm trying to write an original story. I don't want to write a book that's been written before, even by myself. At the same time, I don't want to write a novel that feels like you just saw it in a movie. For instance, I would never write a love story set on the Titanic. It was never a book. It would be original in literature, but it's not original.

Dear John opens in theatres next Friday

Q What's your interaction level with your readers?

A It's minimal. For the most part I'm not recognized. I could walk down through the lobby right after this interview and nobody's going to know who I am. I get tons of fan mail, and everybody gets an answer. Well, almost everybody. I don't do Twitter, but I do have a very extensive website. And I think I have a Facebook page that my publisher runs. I don't even know how to get onto Facebook.

Q Certainly your name is recognized.

A It would be wonderful to think that the world is full of readers, but it's not. More people would recognize The Notebook than Nicholas Sparks. It's on cable every month, and it's been seen by 400 million people, whereas 20 per cent of the U.S. population reads novels.

Q Do you see that number declining further?

A I don't think reading's going anywhere. Reading and literature have survived all sorts of technological advances. People who love to read will continue to love to read. Certainly, I would love more people to read, but sometimes that's just not a way that everybody finds enjoyment.

Q And finally, why do you like to make people cry?

A I don't think that's quite a fair question, because that is certainly not the reason I write what I write. I write in the genre of the Greek tragedies. You cover the full spectrum of human emotions. So sadness is certainly part of that. It just happens that most people remember the sadness. That's not my fault, though.

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Whip up the Olympics
Devo is set to whip up some excitement at the 2010 Vancouver Olympics. The influential new-wave innovators behind the '80s smash Whip It will perform live at a medal celebration in Whistler, B.C., on Feb. 22. THE CANADIAN PRESS

Captivated by Carmen

Opera explores conflict between obligation and impulse

JOHN KEILLOR
for Metro Canada

Duty and desire sometimes pull men in opposite directions. George Bizet's Carmen explores that timeless inner conflict and its often tragic consequences. Though it's brutal, this 1875 opera honestly shows how the male libido is like being chained to a madman.

In Carmen, army corporal Don Jose's sick mother wants him to marry a perfectly nice local lady, but the Don finds himself fascinated by Carmen, a beautiful and free spirited gypsy girl. Trouble ensues.

"It's like real life, how men are torn between a temptress and traditional love," explains tenor Bryan Hymel by phone. "Don Jose can go for purity and a safe life with mom and his new wife. He doesn't, but it's his decision."

Carmen's power to intoxicate is no joke, though, especially in Bizet's Spanish-tinged score, sung in French with words influenced by the dark Russian poet, Alexander Pushkin. Don Jose lives with constant shame for having murdered someone, having brought disgrace to his family. His mother is dying and her desire to see him married to a nice local lady is constricting. All of society is telling Don Jose to do the right thing.

MICHAEL COOPER
Bryan Hymel as Don Jose and Rinat Shaham as Carmen in the Canadian Opera Company's production of Carmen, 2010.

In a way, Carmen's comparatively weightless personal freedom is as seductive as her charms.

"Don Jose leaves the army for Carmen," says Hymel, "and then she becomes his obsession. He becomes jealous and yes she's cheating. It's really hard on him. Soon she manifests both his desire and his self-pity. He traps himself with his actions."

That trap isn't just about sex. Carmen resembles an antidote to the society around her. As a gypsy girl, she has no stake in the township where the story takes place. For this Canadian Opera Company production, director Justin Way chose Cold War Cuba as his setting, where Don Jose's constricting dilemma resonates like Carmen's free use of her wiles to get what she wants.

"She's very sexually at home with her body, which she uses as a tool to get what she needs," explains Hymel.

Overwhelmed with despair, Don Jose acts out. And men like Don Jose exist, too, who are weak and who become vicious when forced to confront their own bad decisions. Obligation versus impulse. Hard lessons and beautiful music combine in opera better than in any other medium.

Now playing

- Carmen runs at the Four Seasons Centre for the Performing Arts, today to Feb. 27.

Entertainment in brief

MOVIES A black comedy that uses a pair of well-meaning hillbillies to send up the horror genre has nabbed a distribution deal at the Sundance Film Festival. Maple Pictures says it has picked up the U.K./Canada co-venture Tucker & Dale vs. Evil for distribution in Canada. They say the film has been earning strong buzz at the indie showcase, taking place in Park City, Utah, until Sunday. Written and directed by Eli Craig, Tucker & Dale vs. Evil is the story of two hillbillies who are mistaken for serial killers by a group of college kids. THE CANADIAN PRESS

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James Cameron is king of the world again

20th Century Fox said Tuesday that the director's sci-fi spectacle, Avatar, has passed his shipwreck saga Titanic to become the highest-grossing film worldwide. THE ASSOCIATED PRESS

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Rae healing through music

In the months after her husband died, Corinne Bailey Rae was fixated on the grieving process — specifically, whether there is a right and a wrong way to mourn.

It's not as if Rae acted inappropriately after the death of Jason Rae from a drug overdose in 2008.

The Grammy-nominated singer-songwriter, who dazzled the music world in 2006 with her sunny, silky self-titled debut, dropped out of sight after the tragedy. She spent a good part of her days simply resting and, when she felt like it, taking walks or spending time with loved ones.

JIM COOPER/AP PHOTO, FILE

Singer Corinne Bailey Rae

She was also confused, in a haze, not knowing how to go forward after the destiny she thought she had was forever altered.

"I'm not familiar with that kind of shock that lasts all that amount of time," the 30-year-old recalled. "It just sort of takes ages to sink it. You feel it and then you don't feel it; you know what's happened and then you don't really know what happened. . . .

"Somebody wrote me a letter saying that you need to surrender to it, which I was like, 'Well, how do I surrender?'"

While Rae still has not come to terms with her loss, she has determined that the grieving process is unique and different for everyone. And for her, it included channelling her emotions into her music. The result is her touching, tender new album, The Sea, started before the death of her husband but finished more than a year later.

"There are other people that have had these similar experiences ... all different kinds of loss and I feel like a lot of people don't really sing about it in popular music," said an upbeat, reflective Rae during a recent interview. "I want to be that one voice that is saying that this is also a human experience that is worth making music about."

When Rae first started working on The Sea, she was determined to make an album that grew from the dreamy, groove-based tunes — such as Put Your Records On — that were becoming her signature. She was looking for sounds that were more aggressive, funky and complex.

"I wanted to make another record that was a partner to, and an answer to, the first album," the British musician said of her debut CD, which sold more than one million copies in the United States alone.

"I wanted to write something that was able to match that excitement that we'd feel in the audience."

She had already started working on new music when her 31-year-old husband, described as a recovering addict, was found dead due to an overdose of methadone. In the aftermath,

Rae found herself struggling to adapt to a role she never anticipated: widow.

"The shock of it is still really with me," she said. "It's hard to imagine that it's not going to go back to how it was."

THE ASSOCIATED PRESS

Read tomorrow's Metro for a review of her new album

CHRIS PIZZELLO/AP PHOTO

Kristen Stewart (left) plays Joan Jett (right) in The Runaways

Jetting to the top

FILM FESTIVAL Joan Jett kicked open doors for women to rock out in a man's music world. So when the time came for a film drama on how she got her start, Jett wanted to be on hand to help make sure the story was told right.

Jett was an executive producer for The Runaways, a Sundance Film Festival premiere that spins the raucous tale of her first band in the 1970s. The all-girl group of teenagers — branded as a gimmick at the time — left behind some hard-rocking music in their short time together.

"Everybody knows Joan Jett, but nobody really knows how hard it was to become her."
Kristen Stewart

Twilight star Kristen Stewart plays Jett and her The Twilight Saga: New Moon colleague Dakota Fanning plays Cherie Currie, The Runaways' lead singer. The film captures the hurdles they faced at a time when the notion of female guitar gods was practically unheard of.

"Everybody knows Joan Jett, but nobody really knows how hard it was to become her," Stewart said. "We've grown up being told that we, us girls, can do whatever we want, and that just wasn't the case for them."

In an interview at Sundance ahead of the film's premiere Sunday, Jett recalled the reactions that greeted the Runaways as they rocked with the passion of the Ramones or the Sex Pistols.

"It was initially kind of laughing, like that kind of smiling, going, 'What are you doing? You can't do this. Girls don't play rock 'n' roll.' And when they saw were really serious about it, the attitude kind of changed," Jett, 51, said. "Anything from really just insulting and dirty, nasty things. Calling us names, every name that you can call a woman. Just stupid things. Bands feeling threatened by us.

"You'd think that in the rock 'n' roll world, I guess people think of it as a liberal sort of thing and it wouldn't be a problem, but guys in bands had problems with it. We wouldn't get sound checks because people were threatened."

Directed by Floria Sigismondi, who adapted the screenplay from Currie's memoir, the film follows the Runaways' quick rise to a record deal and superstardom in Japan through their hasty fall amid drugs and ego clashes.

The Runaways tracks Jett to the start of her career fronting the Blackhearts, with whom she scored hits with I Love Rock 'n' Roll, Crimson and Clover and other singles in the early 1980s.

"I knew from the minute I met her that she was going to be the godmother of rock 'n' roll," Currie told the Sundance audience after The Runaways premiere. "And I was right." Jett said she was on The Runaways set every day, helping Stewart capture her posture, her guitar style, her East Coast Maryland accent.

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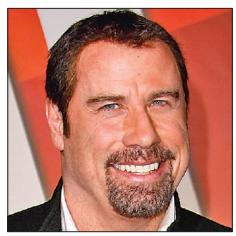
SECOND CUP

Travolta pilots jet with supplies and Scientologists to Haiti

CELEB AID John Travolta has flown a jetliner carrying relief supplies into the Haitian capital, along with doctors and ministers from the Church of Scientology. The 55-year-old actor piloted his own Boeing 707 from Florida with six tonnes of ready-to-eat military rations and medical supplies for survivors of Haiti's devastating Jan. 12 earthquake late Monday. His wife, Kelly Preston, was also aboard.



John Travolta

"We have the ability to actually help make a difference in the situation in Haiti and I just can't see not using this plane to help," says Travolta.

Travolta compared the mission to aid efforts following Hurricane Katrina in New Orleans. "We were there right away, with this airplane, because you know we have the ability and the means to do this so I think you have responsibility on some level to do that."

Aid groups have been desperate to fly their own planes into the overstressed airport. UN humanitarian spokeswoman Elisabeth Byrs said Tuesday that at least 800 planes with relief items are on a waiting list for the airport, which can handle only about 130 flights a day due to a lack of space to park planes as they unload.

Travolta and Preston returned to Florida as soon as their supplies and passengers were unloaded.

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THE VIDEO EVERYONE'S TALKING ABOUT

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Zellweger joins film fest jury

The Berlin Film Festival says Oscar-winning actress Renee Zellweger has joined the jury for this year's competition. THE ASSOCIATED PRESS

Grammy Awards get young

The past two Grammy Awards ceremonies have ended on similar notes.

In 2008, jazz legend Herbie Hancock — then 68 — climbed the stage to collect his 12th career Grammy, besting more buzzed-about competitors Amy Winehouse and Kanye West in the album of the year category.

Last year, it was Alison Krauss and Robert Plant who brought their collective career Grammy count up to 33, beating out such MTV-friendly competition as Lil Wayne (who had the year's bestselling album), Coldplay and Ne-Yo (along with Radiohead) for album of the year, and amassing a show-high five trophies.

Going into Sunday's show, Beyoncé leads with 10 nominations, followed by eight for 20-year-old crossover country sensation Taylor Swift.

Catch the Grammy Awards this Sunday

But some expert observers feel that if the Grammys want to skew to a younger audience, they'll need to do more than just dole out nominations to poppy, teen-friendly acts — those performers will need to take home some trophies, too.

"I think it's time that the Grammys started appealing to a broader demographic and I think they're finally realizing that things need to change," MuchMusic VJ Devon Soltendieck said in a telephone interview.

"Sixteen-year-old kids don't want to watch Robert Plant win a Grammy. They don't. Unless he's with Led Zeppelin, they just don't.

"To somebody who's 16, Eric Clapton feels geriatric. The Grammys' nominating committee is probably realizing they need to be more diverse, and they really need to appeal to a broader number of people."

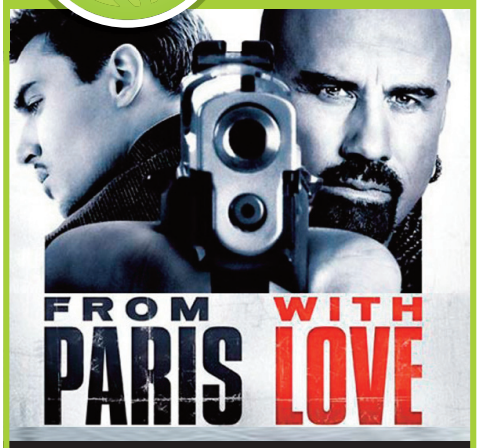
Indeed, while the 64-year-old Clapton did receive two nominations this year, many of the marquee awards at the 52nd Grammys seem to be stacked in favour of a younger generation. Beyoncé, Swift and electro-pop oddball Lady Gaga will duel in each of the show's three biggest categories (album, record and song of the year). At 28 years old, Beyoncé is the senior of the three.

THE CANADIAN PRESS

GETTY IMAGES

Beyoncé Knowles leads this year's Grammy Award nominations with 10. Country star Taylor Swift follows with eight.

club metro WEEKLY REWARDS



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TO	Vu	SD	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/27/10	265	353	2	TVO	The Lost Libraries of Timbuktu		The Agenda With Steve Paikin		A Waste of Shame (N)			The View From Here	
primetime	211	331	3	GTV	Entertainment	ET Canada	House		Kitchen Nightmares (N)		The Deep End (N)		News Hour
	215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Ugly Betty		Look I Cook
	210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	Dragons' Den (HDTV) (N)		Republic of Doyle (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: Special Victims		Mercy (HDTV)		Modern Family	Cougar Town	Modern Family	Cougar Town	News
	212	313	8	CTV	etalk	Access H.	American Idol (HDTV) (N)		To Be Announced		To Be Announced		CTV News
	218	345	11	CHCH	*Summer City* ★★ (1977, Drama) John Jarratt, Mel Gibson.				*Summer City* ★★ (1977, Drama) John Jarratt, Mel Gibson.				News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	213	326	15	SUN	George Lopez	The Insider (N)	*To Be Fat Like Me* (2007, Docudrama) Kaley Cuoco.				The Insider	Hitchcock Pres	Becker
	-	387	16	CBS	Inside Edition	Access H.	Old Christine	Gary Unmarr	State of the Union "2010" (Live)			Two/Half Men	News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	Mercy (HDTV)		State of the Union "2010" (HDTV) (Live)				News
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Modern Family	The Middle	State of the Union "2010" (HDTV) (Live)			Cougar Town	News
	219	346	20	ACH-B	Degrassi: TNG	TMZ (N)	Old Christine	The Middle	*Never Been Kissed* ★★ (1999, Romance-Comedy)				A News
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	American Idol (HDTV) (N)		State of the Union "2010" (HDTV) (Live)			Seinfeld	Two/Half Men
	-	388	61	PBS	PBS NewsHour	Wait for God	Tavis Smiley Reports (N)		The National Parks: America's Best Idea (DVS)				Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Gossip Girl (HDTV)		Life Unexpected (HDTV)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: Special Victims		WBZ News (N)	What's-Store	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show (N)		According/Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	Gossip Girl
news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		Comic Books Go To War		National
	500	500	33	CNN	Situation Room-Wolf Blitzer		State of the Union Preview		State of the Union "2010" (Live)				Cooper 360
	509	504	79	CNB	Kudlow Report (Live)		President Obama: 1 Year Later		State of the Union "2010" (Live)			Til Debt-Part	Mad Money
sports	405	417	22	net	Best Damn Top 50 Special		MMA Conn	UFC: Access	The Ultimate Fighter		Sportsnet Connected		Hockey Central
	400	400	30	TSN	NHL Hockey Montreal Canadiens at Tampa Bay Lightning. (HDTV) (Live)					Tennis Australian Open, Women's Semifinals. (HDTV) (Live)			
	411	457	58	OLN	Ghost Hunters Academy		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters Academy		Destin. Truth
	417	406	81	SC	Pass Time	NASCAR Hub	Monster Jam (HDTV)		Pass Time (N)	Pass Time (N)	Wrecked	Wrecked	Pass Time
family	551	542	25	YTV	iCarly	That's-Weird	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	554	544	45	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Supernanny		Dine With Me	Grocery Bag	The Restaurant	The Restaurant	Chef Worthy	Fearl-Kitchen	Grocery Bag
	570	580	29	MM	Make It or Break It		disBAND (N)	Video on Trial	Video on Trial	Video on Trial	My Date With...	disBAND	MuchOnDem
	615	520	31	A&E	Criminal Minds (HDTV)		Bounty Hunter	Dog the Bounty Hunter		Bounty Hunter	Steven Seagal	Steven Seagal	Steven Seagal
	700	800	35	TLN	Centrovetrine	Sky TG 24	Un Ciclone In Famiglia				George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		Gene Simmons Family Jewels		Entourage	Wild 'n Out	mmtop10.ca
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According/Jim	According/Jim	Home Improve.	Home Improve.	Due South
	616	521	39	SHO	Relic Hunter		*You Belong to Me* (2008, Suspense) Shannon Elizabeth.				HawthoRNe "Yielding"		NCIS
	620	523	40	BVO	Death at-Opera	Bravo!Videos	Arts & Minds	O'Reagan File	Wingfield	Star Portraits	White Collar "Hard Sell"		Law & Order
	601	562	41	SLC	Rich Poor	Rich Poor	End of Leash	End of Leash	End of Leash	End of Leash	End of Leash	End of Leash	ET Canada
	522	506	43	HIS	Ice Pilots NWT (N)		Nostradamus Effect (N)		Ice Road Truckers		Ice Pilots NWT (HDTV)		Re-Inventors
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Little Britain	Hot Box	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Agent-Agent	Intervention	Property Virgin	Unsellable	House Hunters	House Hunters	Holmes/Homes
	294	529	47	TBS	Family Guy	Family Guy	College Basketball LSU at Alabama. (Live)				Law & Order: Special Victims		The Office
	576	582	49	BET	106 & Park: BET's Top 10 Live		The Single: Monica		State of the Union (Live)		BET News	The Game	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Lost "The Variable"		Chuck (HDTV) (N)		Supernatural (HDTV) (N)		InnerSpace (N)
	581	566	52	MTV	Peak Season	After	Cribs	Parent Control	The Real World		The Real World "D.C."		MTV Live
	618	524	54	TROP	Rescue Ink		Hoarders "Jake; Shirley"		Hoarders "Augustine"		Parking Wars	Parking Wars	Spoiled Rotten
	603	561	56	FOOD	Ricardo	Fresh-Anna	Challenge		Iron Chef America		Chopped "A Nori Story"		Restaurant
	261	394	60	V	Murder, She Wrote		No Place Like	Open All Hours	Doc Martin (N)		Unscripted (N)	God Bless	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Max & Ruby	Franklin	Little Bear	Bucket-Dinos	Babar	Big & Small	Max & Ruby
	526	507	249	VIVA	Cold Case "One Night"		Missing Death row inmate.		The Closer		Cold Case "One Night"		Mediums
	300	601	301	M1	(5:20) *Elegy*	(7:25) *Courage* (2009, Suspense)			*Friday the 13th* ★ (2009, Horror)			(10:45) *My Bloody Valentine*	
	305	612	306	PIX	(7:15) *Exotica* ★★★ (1994, Drama), Mia Kirshner				*Body Double* ★★ (1984, Suspense) Craig Wasson.				*Deadbolt*
	520	146	-	DISC	Daily Planet (N)		The Colony (N)		License to Drill "Paydirt"		Mayday "Out of Control"		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	Australia's Next Top Model		FashionTele	RAW	Canada's Next Top Model		Fashion	Fashion	Fashion

Half-pint Tequila?
Tila Tequila says she's pregnant and she's willing to confirm it — for a price, TMZ.com reports. The website says Tequila is shopping around an ultrasound image she says proves she's having a baby. METRO NEWS SERVICES

Celebrity Buzz

The Dicaprio slasher

SHE KNOWS SCARS ARE SEXY A woman accused of hitting Leonardo Dicaprio in the face with a glass during a Hollywood party in 2005 will be extradited from Canada to the U.S. to face charges, femalefirst.co.uk reports.

Former model Aretha Wilson allegedly attended a party at the Hollywood Hills home of Paris Hilton's ex Rick Salomon when she allegedly slashed the actor's face.

According to police reports, the Titanic star needed 17 stitches to his face and ear.

Wilson, 39, was arrested in Los Angeles and charged with assault with a deadly weapon but fled the country before sentencing.

According to TMZ.com, Wilson was taken into custody in Ontario last week and has agreed to be extradited back to the U.S.

Dicaprio is expected to testify in the case.

METRO WORLD NEWS

Momma Pitt to the rescue

WHAT? A TATTOOED GIRL WITH A VILE OF BLOOD AROUND HER NECK IS NOT YOUR IDEAL DAUGHTER-IN-LAW? While their reps continue denying reports that Brad Pitt and Angelina Jolie are breaking up, at least one person is taking an active role in keeping them together. Brad's mom, Jane Pitt, is reportedly planning a sit-down with Jolie to work things out, according to the Daily Mail.

"Jane wants what is best for her son and grandchildren, and Angie has agreed to meet her," a source says. While she's never been the biggest Jolie fan, Jane is doing it for her son, the source says. "Brad is trying to cling onto the wreckage of the relationship as he is still very much in love with Angelina and believes they can make it work."

METRO WORLD NEWS

Affleck-ed by her words

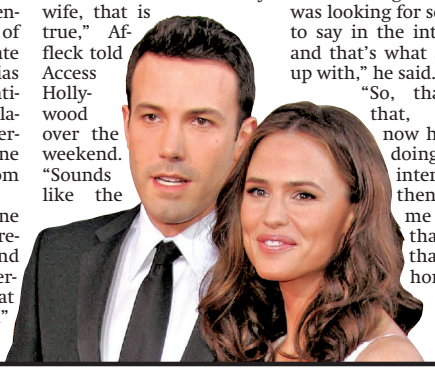
JEN AND HER PRETTY BIG MOUTH Ben Affleck and Jennifer Garner are one of Hollywood's most private couples, so when the Alias alum let loose some intimate details of their relationship in a recent interview, the actor was none too pleased, popeater.com reports.

In a Parade magazine cover story, Garner revealed that her husband wooed her with "very persuasive" e-mails and that he was a "sexy and kind" partner.

"I do write e-mails to my wife, that is true," Affleck told Access Hollywood over the weekend. "Sounds like the kind of thing that my wife was looking for something to say in the interview ... and that's what she came up with," he said.

"So, thanks for that, because now here I am, doing another interview and then they ask me about that. So, thank you, honey."

METRO NEWS SERVICES



Twins tackle Rows of tricky binary code

100011101010 ... WHAT COMES NEXT AGAIN? Mary-Kate and Ashley Olsen have got in touch with their inner geeks, femalefirst.co.uk reports.

The twin siblings — who are the creative directors of their fashion line The Row — said despite having little technical knowledge they were very "hands-on" when it came to designing the new website for their range, which reflects on the high quality fabrics they use.

"We worked on every single piece of imagery and content on the website directly," saya Mary-Kate. "It was a very hands-on experience, which I didn't expect — it felt more like making a beautiful collage than a website."

METRO NEWS SERVICES

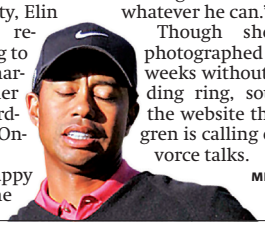
Take the poor sod back

AND BY POOR, I MEAN VERY VERY RICH After spending time with Tiger Woods at his rehab facility, Elin Nordegren is reportedly willing to give their marriage another chance, according to Radar Online.

"She was happy when she came home," a source says. "He's told her he's serious about making it work and doing whatever he can."

Though she's been photographed in recent weeks without her wedding ring, sources tell the website that Nordegren is calling off any divorce talks.

METRO WORLD NEWS



Paris poo-pooed at party

BUT SHE'S A RESPECTED ACTRESS ... OH WAIT Paris Hilton hasn't been having the best time at the Sundance Film Festival, according to Page Six. First, at a party at nightclub Harry O's, she was too busy keeping women away from boyfriend Doug Reinhardt to have a good time.

"The girl was trying to dance with Doug," a source says. "Paris asked everyone if they knew her. Nobody did, so she demanded security throw her out." Then later, Hilton was snubbed by Weinstein Company honcho Harvey Weinstein at a different party.

"Paris tried to speak to Harvey and the others at the table," another source says. "He ignored her, and his whole crew then got up and left her standing there."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

ROB THOMAS keeps himself in check, **KEVIN SMITH** gets nostalgic, **SARAH SILVERMAN** can't find any deals, and **KIRSTIE ALLEY** puts her diet in perspective.

@ThisIsRobThomas everyday i wake up and say "i'm not going to work out today" then i taunt myself until i make it down to the gym.

@ThatKevinSmith 13 years ago today, CHASING AMY had its world premiere @ Sundance97. Been trying to make as good a flick ever since.

@SarahKSilverman Big sales are really only great if you're a size zero or 14.

@kirstiealley GOING TO DINNER....TINY LITTLE BIT THAT IT IS...lol...enough to wittle me down. and huge compared to our HAITI friends..will return soon shower after it is wet!

METRO WORLD NEWS

Jen gives big

OH, LOOK! THERE'S A BAND WAGON! Celebrities are continuing their support for charities to help in the aftermath of the devastating Haiti earthquake, with Jennifer Aniston leading the charge. Aside from taking part in George Clooney's telethon last week, the Friends star has reportedly donated $500,000 of her own money to Doctors Without Borders, Partners in Health and AmeriCares, according to E! News.

METRO WORLD NEWS

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Today Variable -3°/ -8°
Thursday Flurries 40% -3° / -14°
Friday Mainly sunny -8°/ -12°

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Take Five

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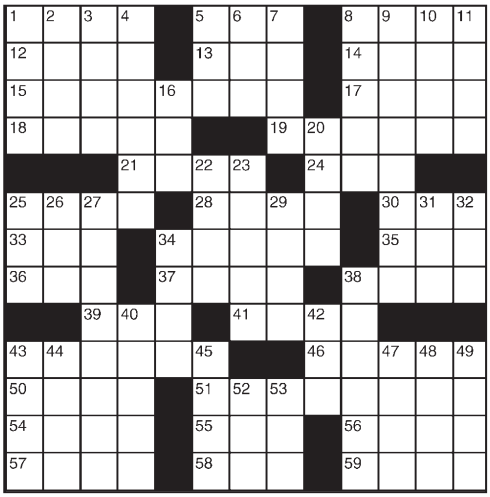

ACROSS

1 Trade
5 In bygone days
8 Foil cousin
12 Tittle
13 Archer's need
14 Picture of health?
15 Offer
17 Sit for the photog
18 Calyx component
19 Skiers' mecca
21 Lead-in to pit or pool
24 Bonfire residue
25 Get a glimpse of
28 "Hey, sailor!"
30 "Cabaret" lyricist
33 Kids' card game
34 Credit or respect, slangily
35 U.S. spy org.
36 Id counterpart
37 Sushi bar supply
38 Legendary tale
39 Shell game need
41 Elbow counterpart
43 Oniony rolls
46 Hide
50 Part of A.D.
51 Trait
54 Dance part
55 Debtor's letters
56 Peruse
57 Firetruck need
58 Trawler gear
59 Wise one

DOWN

1 Tries the tea
2 Sported
3 On
4 Benedict's office
5 Tummy muscles
6 State of India
7 Barn birds
8 Former Montreal team
9 Prediction
10 Relaxation
11 Spuds' buds
16 Bullring bravo
20 Potato chip brand
22 Rani's wrap
23 Big jolt
25 Lamb's dam
26 Succumb to gravity
27 Barbecue fuels, often
29 Admitting clients
31 Morsel
32 "Humbug!"
34 Beseech
38 Parking lot array
40 Run off to marry
42 Kreskin's claim
43 Hit hard
44 Grooving on
45 Whirl
47 Neighborhood
48 Unescorted
49 Stevenson villain
52 Shad product
53 Chic no more

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			6	5				9
9		4		1		7		
					9			3
	6	7	4	9		8		
		2				9		
		9		3	2	1	4	
6			3					
		8		2		3		4
4				7	5			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

P	L	O	W	■	A	S	H	■
A	I	D	E	■	M	O	A	■
W	E	E	D	L	E	S	S	■
■	■	■	D	U	N	■	B	L
U	N	P	E	G	■	R	E	A
T	O	A	D	■	S	E	E	D
A	N	T	■	S	T	U	N	S
H	E	E	D	L	E	S	S	■
■	■	■	R	I	P	E	■	K
C	H	E	A	P	O	■	L	I
L	O	A	F	■	N	E	E	D
O	U	S	T	■	I	W	O	■
P	R	E	Y	■	T	E	N	■

■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■

3	7	2	1	6	8	5	9	4
1	4	6	5	9	2	8	3	7
8	9	5	4	3	7	6	1	2
7	5	3	9	8	4	2	6	1
4	6	1	7	2	5	3	8	9
9	2	8	3	1	6	7	4	5
2	8	9	6	5	1	4	7	3
6	3	7	2	4	9	1	5	8
5	1	4	8	7	3	9	2	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Pappardelle with Chicken and Cherry Tomatoes

INGREDIENTS:

2 tbsp (25 mL) olive oil
1 red onion, halved and thinly sliced
2 garlic cloves, crushed
4 skinless chicken breast fillets, cut into 3/4 -in. (2-cm) cubes
14 oz (400 g) cherry tomatoes, halved
14 oz (400 g) pappardelle
5 oz (150 g) arugula

METHOD:

1. Heat olive oil in frying pan with lid. Add onion and garlic; cook gently 2 minutes. Add chicken and stir-fry over medium heat until lightly coloured. Reduce heat slightly and stir in tomatoes. Cover pan and cook, stirring occasionally, 8-10 minutes or until tomatoes are soft and chicken is cooked through.

2. While sauce is simmering, cook pasta in pot of salted boiling water according to pack instructions. Drain.

3. Stir arugula into sauce and season to taste. Tip pasta into warmed serving bowl. Spoon over sauce and toss gently to combine thoroughly. Serve.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Moderation is essential today. If you go to extremes or make promises you may not be able to deliver on you are asking for trouble.

TAURUS ♉
APRIL 21-MAY 21
Someone in a position of authority will smile on you today and it could be the start of a partnership that you come to rely on.

GEMINI ♊
MAY 22-JUNE 21
You have a tendency to worry about small and unimportant issues and that is something you need to watch out for over the next 24 hours.

CANCER ♋
JUNE 22-JULY 22
With Venus, planet of romance, opposing Mars today you could be lucky in love, but only if you are prepared to overlook someone's flaws.

LEO ♌
JULY 23-AUG 23
You may find it hard to keep your emotions under wraps today, but that's not a bad thing. Don't be afraid to open your heart.

VIRGO ♍
AUG 24-SEPT 22
Whether or not you enjoy certain tasks depends on your attitude: if you think they are going to be boring they will be boring.

LIBRA ♎
SEPT 23-OCT 23
Venus, your ruler, and Mars oppose each other across the most creative axis of your chart today, which means you'll have a lot of fun.

SCORPIO ♏
OCT 24-NOV 22
Be careful you don't come on too strong today, especially at work where you could clash with someone in a position of authority.

SAGITTARIUS ♐
NOV 23-DEC 21
You seem to be in a positive frame of mind at the moment and that's good because there could be a few minor setbacks today.

CAPRICORN ♑
DEC 22-JAN 20
Try not to get involved in a war of words today or people will think you have something to hide — and that could be a problem.

AQUARIUS ♒
JAN 21-FEB 18
If you can get through the day without throwing a tantrum or throwing in the towel your love life will not only survive but prosper.

PISCES ♓
FEB 19-MARCH 20
Resist changing methods and routines that work well. The danger is that if you change one thing you will have to change just about everything

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New Innovation for Back Pain Sufferers

Imagine living without back pain.
Imagine doing everything you've avoided.
Imagine being "you" again.

Intro Sale 50% OFF

For the first time in Canada, renowned back specialist Dr. Michael Ho has engineered a revolutionary new product to help men & women relieve a lifetime of back pain in as little as 20 minutes.

DR-HO'S Decompression Belt

Belt expands to stretch & traction lower back

DR-HO'S Belt provides relief for:

- Chronic & acute back pain
- Degenerative, herniated or bulging discs
- Leg pain related to degenerative disc
- Trouble sleeping due to back pain
- Aching back from sitting, driving, or lifting
- Sore back from child and elderly care
- Back pain from golf, hockey or racquet sports

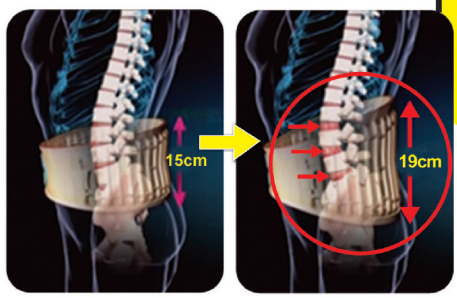
DR-HO'S Belt is clinically observed to help:

- ✓ Decompress lower back joints & spinal discs
- ✓ Lift & keep upper body weight off lower back
- ✓ Support lower back & increase core strength
- ✓ Stabilize & align spine and improve posture
- ✓ Stretch & relieve tight lower back muscles
- ✓ Relieve lower back pain & stiffness

Dr. Michael Ho
Back Specialist

How DR-HO'S Belt works:

1. Wrap DR-HO'S Decompression belt firmly around your waist.
2. Clip air pump nozzle onto the belt.
3. Inflate the belt by pumping the air pump. The belt will expand vertically, gently stretching and tractioning the lower back.
4. Remove the air pump nozzle from the belt and enjoy. Feel the relief in as little as 20 minutes!



Belt inflates with air, expands vertically, gently stretching and tractioning lower back

First 100 customers get Back Pain Relieving Air Orthotics FREE ($80 value)!

DR-HO'S Air Orthotics contain pressure-sensitive air pumps and a shock-absorbing heel plate to help decrease pain in the lower back, hip, knees, ankles, and feet.

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Only 3 Days Left!

"I guarantee my Belt will provide better results than inversion tables and large clinical decompression units, or I'll refund your full purchase price."
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30 Day Money Back Guarantee

Alice Love

"This belt is out of this world! Feels like all the weight is taken off of you and you just feel light. Pain pills only mask the pain. Now that we have the belt I can be pain free. I have a grandson, who loves to be picked up. But you don't realize how much pressure that puts on your back. With my belt, I don't have to worry about picking him up! "

P.J. Lemieux

The belt is very comfortable and it helps to take the stress off my lower back. I feel that I now have better posture and I see how that is very beneficial. I can see this being used by people with chronic back pain and its pharmaceutical free and so easy to do. You just strap on the belt, inflate and you can feel it work right away because it takes the stress off the lower back. You've got nothing to lose if you suffer from back pain. Definitely this is worth trying!

"Every patient with back pain should be wearing this belt because it gives you core strength and support in your spine, and a traction effect for great pain relief. The great thing is that patients with chronic back pain can wear this belt and get their life back. They can feel more confident, be more active, and do things that they love doing."

"This device helps with the lower back, I understand it, I enjoyed it and I endorse it. This belt I think is quite an advantage to other lumbar belts. I see this as a device that will assist in reducing the muscle spasm. I certainly look forward to prescribing this belt because I realized the benefits myself."

Dr. Michael Ho is a Canadian doctor with over 20 years of clinical experience specializing in treating chronic back pain, including Scoliosis, Spinal Stenosis and Herniated / Bulging discs. Having studied and worked in countries including Canada, United States, Sri Lanka and China, Dr. Ho has devoted his life to the study of Health and Wellness. Dr. Ho has been recognized for his ability to identify and correct the cause of the pain providing longterm relief for his patients.

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2010 FORTE

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- Electronic stability & traction control
- *Bluetooth*® hands-free cell phone capability§
- Heated front seats and side mirrors
- Remote keyless entry with power windows

HWY: 5.8 L/100KM 49 MPG CITY: 8.3 L/100KM 34 MPG*

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2010 RIO

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- 1.6L, 4-cylinder CVVT engine
- AM/FM/CD/MP3 stereo with USB and AUX audio inputs
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- 6-way adjustable driver's seat with tilt-adjustable steering column

HWY: 5.8 L/100KM 49 MPG CITY: 7.1 L/100KM 40 MPG* | greenercars.org

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